



**Children's
Treatment Network**

Shanker Self-Reg Parenting Course

Facilitated by CTN's Child
and Family Wellness
Program



Open to parents and caregivers of current and former CTN clients

**Five Week Course (Online Sessions)
Tuesdays from Feb. 3 to March 3, 2026
1 to 2:30 p.m.**

You will learn:

- The underlying causes of behaviour, learning, motivation and social challenges in your child
- How stress affects the mood and behaviour of you and your child
- When and how to manage your own energy and tension
- How you can use self-regulation strategies in real-life situations
- How understanding your own stress helps you "lend your calm" to your child

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To register, complete
the [Self-Reg Parenting
Registration Form](#)
or scan the QR code.

If you have any questions,
email Sarah Wilson at
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