



A VIRTUAL WORKSHOP

# EMOTIONAL REGULATION

This workshop will look at myths about emotions, explaining strategies to promote emotional regulation. This workshop would be suitable for caregivers who are struggling to help those that they care for cope with emotions. The idea that 'all behaviour is communication' will be explored along with ways to interpret the behaviour of nonverbal individuals.

Register online  
[www.sdrc.ca/workshops-and-training/](http://www.sdrc.ca/workshops-and-training/)  
email: [r.khanam@sunbeamcommunity.ca](mailto:r.khanam@sunbeamcommunity.ca)  
or call 519-741-1121 ext 2201

Wednesday  
February 25,  
2026  
12 pm to 1 pm

