



THE ANXIETY TOOLBOX: INTRODUCTION TO ANXIETY AND EMOTIONAL REGULATION

Parents of children with Autism Spectrum Disorder (ASD) may experience many challenges and opportunities to learn across the lifespan of their child.

The focus of this workshop is to provide parents/caregivers with an in-depth introduction to understanding anxiety and how it impacts challenging behaviours:

- Increase understanding of anxiety and emotional regulation
- Overview of helpful strategies to address anxiety and emotional regulation challenges in the home

Parents/caregivers will participate in interactive discussions and will receive resources to better understand how they can support their child at home.

Eligibility Criteria:

Parents/caregivers of children with ASD registered with the Ontario Autism Program and living in the Durham Region.

No cost required.

If your child is not currently registered with the Ontario Autism Program but you are interested in our workshops, contact Lake Ridge Community Support Services at (905) 666-9688 to learn more.

Parent Workshop

Dates:

PART 1:

Monday, March 4, 2019

PART 2:

Monday, March 18, 2019

Please note: Registrants are to attend on **BOTH** days to complete the workshop

Time:

6:30 - 8:30 p.m.

Register online at:

www.LRCSS.com/training-events/calendar/

Having trouble registering online?
Contact Grandview Kids at
(905) 728-1673 ext. 2248
for assistance with registration.

LOCATION

Lake Ridge Community
Support Services
900 Hopkins Street, Unit 8
Whitby