

contact

For families
with disabled children



DOES YOUR CHILD STRUGGLE WITH REGULATING THEIR EMOTIONS AND HAVE FREQUENT MELTDOWNS?

Join Contact Hounslow for a FREE online workshop on
**Supporting your Child's Emotional Regulation: A
Developmental and Relationship Based Approach**

This workshop will help you understand the reasons for the
meltdowns, explore the nervous and sensory systems that
influence our emotional responses, and discover strategies to
help you become an effective co-regulator for your
neurodivergent child.

Thursday 30th January, 10am - 11.30 am

To register [click here](#)

[scan the QR code](#)

or

[email hounslow.office@contact.org.uk](mailto:hounslow.office@contact.org.uk)



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