



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)



contact For families
with disabled children