

# 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)



contact *For families  
with disabled children*