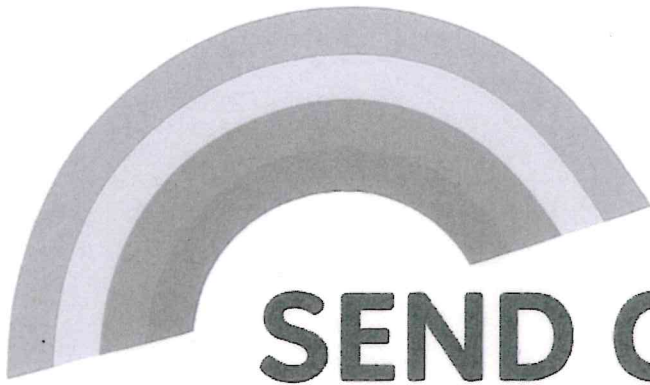




SEND COFFEE MORNING



TOPIC:

Zones of Regulation

Join us for a relaxed coffee morning where we'll explore how to help children recognise, understand and manage their emotions using the Zones of Regulation approach.

- ✓ Understand what the 'Zones' are
- ✓ Learn practical strategies to use at home and school
- ✓ Share experiences and connect with other parents

4th November 2025

9:00 – 10:15 am

Ground Floor Hall

Led by: Dr Helga Abernethy,
Specialist Occupational Therapist



All parents and carers welcome!

Light refreshments provided

