

Free Webinars

for parents, caregivers and those who work with children and youth



Emotions, Feelings and How You Respond

Emotional Regulation:

Introduction to Managing Your Emotions

- Caregivers will learn about emotional regulation, its importance, how to support its development, and more.
- This webinar is intended for parents and caregivers of children aged 2 to 5 years.
- Live online session on Zoom.

Sensory Processing: Everyday Sensations

- Caregivers will learn about how children use sensations to make sense of their world and how to respond. Learn how to help them with their everyday activities using their sensory preferences.
- Intended for parents and caregivers of children ages 2 to 18 years
- Live online session on Zoom.

Developed and Delivered by: AHS occupational therapist, psychologist and social worker.

For more information or to register:

myhealth.alberta.ca/pediatric-rehabilitation/webinars

- Click [HERE](#)
- Or, scan the QR code



About Our Webinars

- ✓ Free, live and online
- ✓ Hosted by AHS healthcare professionals
- ✓ For Alberta residents
- ✓ Registration required

For More Information or To Register:

- Click [HERE](#)
- Or scan the QR code



- Or visit myhealth.alberta.ca/Pediatric-Rehabilitation