

This class is LIVE via Zoom and is for parents, caregivers, educators, and those who work with children and youth.



Emotion Regulation Strategies for Children and Youth from Difficult Beginnings



Presented by **Ce Eshelman, LMFT**

Questions? 530.598.3905

Register for this session at: <https://tinyurl.com/yft6wurh>

Ce Eshelman, LMFT



Wednesday, December 1st ~ 2:30 - 5:00pm

Calm the kid, calm the blow-ups and meltdowns, calm the chaos.
These strategies can be used anywhere – home, park, school – everywhere you go.

Ce Eshelman, LMFT, is an Attachment and Trauma Specialist and adoptive mom with a private practice, **The Attach Place**, in Sacramento. She is the facilitator of **The Love Matters Parenting Society**, an online annual membership for becoming great therapeutic parents while thriving at the same time. ce@attachplace.com

