THE ZONES OF REGULATION®

Helping Children and Youth Understand Their Feelings

Join us for this helpful workshop on the Zones of Regulation. This simple, color-based tool teaches children/youth (and adults!) how to notice their feelings, calm their bodies, and make good choices. Families learn easy ways to talk about emotions and handle stress together.

The Zones work for everyone and help build confidence, focus, and strong connections at home and school. Come learn quick, positive strategies to help your child and yourself manage big feelings in a calm and healthy way.

Presented by
Carla Charraga
Executive Director, Siskiyou Domestic Violence & Crisis Center

2 Tuesdays
October 20th & November 17th
5:30 - 7:15pm
Jackson Street Elementary School
405 Jackson Street, Yreka

REGISTER HERE!
— Or call 530.918.7222 to register by phone

A family dinner and child care are included.
No cost to participants.

Yreka Union School District · Committed to Excellence in Education
Siskiyou County Office of Education
County of Siskiyou 1852 California
Oregon Parenting Education Collaborative
First 5 Siskiyou Children & Families Commission