

Association of Parents and Staff Family Education



Moving Toward Connection and Emotional Regulation

Tuesday, November 19th

6:30-7:30 p.m. in person & via Zoom

Parents are always looking for the best way to support their children. The truth is that parents need to support themselves in order to be there for their children. This comes down to connection and expression. Movement is the number one way to support our own emotional needs and those of our children's as well. We'll explore together how to make your movement work for you and how you can harness your child's movement and body awareness to overcome behavioral challenges, regulate their nervous system, and improve self-awareness and confidence.

Register today!

[Click Here or Scan QR Code](#)

