



The Sashbear Foundation

Making waves for mental health
and suicide prevention

ROLLERCOASTER EMOTIONS/ ÉMOTIONS FORTES

Raise Awareness of Emotion Dysregulation in
Children and Youth

*/Sensibilisation à la régulation des émotions de nos enfants
et adolescents*

Navigating roller coaster emotions when interacting with our youth can be very difficult at times. The goal of this presentation is to bring awareness about emotion dysregulation and share practical tips and hints that can have a positive impact in our relationships with our youth.

This moving and educational presentation covers the following
/Cette présentation portera sur :

- **A Personal Story / Histoire personnelle**
- **Mental Health Stigma and Facts / Stigmatisation en santé mentale et les faits**
- **Lessons Learned / Leçons tirées**
- **Managing Emotions / Gestion des émotions**
- **Validation Including Role Plays / Validation et jeux de rôles**
- **Seeking Help / Recherche d'aide**
- **Family Support / Soutien aux familles**

❖ **1 English session**

❖ **1 séance en français**

REGISTER NOW/POUR S'INSCRIRE:
Name and number of participants to/
Nom et nombre de participants à :
mrivet1@laurentian.ca

or/ou 705-673-5626 x414

by/par Nov 14, 2017 /le 14 nov 2017

Sashbear Team Members

*/Membres de
l'équipe:*

Lynn Courey
Christiane Devaud
Rosanna Ruppert

Who Should Attend? / Pour qui?

Parents, Teachers, Coaches,
Others

*Parents, enseignants, entraîneurs,
autres*

Where? / Où?

ENGLISH and/et FRANÇAIS:
École Secondaire du Sacré-
Cœur
261 Notre-Dame
SUDBURY ON

When? / Quand?

November 16, 2017
7:00pm – 8:30pm
le 16 novembre 2017
19h à 20h30

Cost? / Coût?

FREE/GRATUIT

Sashbear.org

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