



## ☀️ Help Your Child Master Their Emotions ☀️

Help your child understand and manage their emotions!

Join us for a friendly, practical FREE online sessions introducing the Zones of Regulation. A simple, effective approach to support emotional wellbeing at home and school.

Various online sessions available at different times of the day to suit you!

**For Further Information, and to Sign Up ...**

Visit our website [aclessex.com](https://aclessex.com) and type 'Zones' in to the 'Find a course...' box