



Zones of Regulation

Online Course

This engaging two-week course is designed to give parents and carers valuable insight into the Zones of Regulation framework. You will learn practical strategies to help children and young people:

- Recognize and understand their emotions
- Develop self-regulation skills
- Build resilience and emotional intelligence
- Strengthen communication and relationships

Date: 02/12/2025

Time: 09:45 - 11:45

Scan the QR code, or Visit our website aclessex.com and type “ZONES” in the ‘Find a course...’ box



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