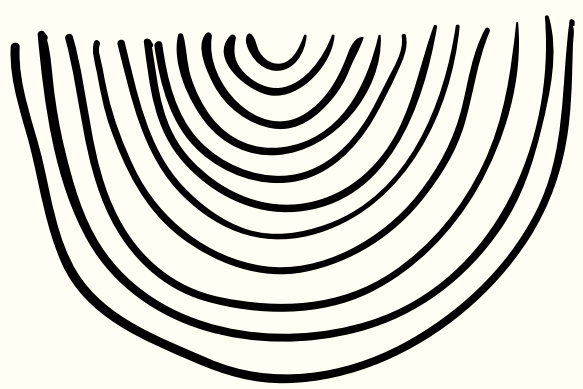


# ONLINE WORKSHOP



## CALMING THE STORM: SENSORY REGULATION AND WELLNESS FOR CHILDREN AND FAMILIES FROM A WHOLISTIC PERSPECTIVE

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THIS WORKSHOP WILL PROVIDE POSITIVE IDEAS FOR SELF-REGULATION FOR KIDS AND TO DISCUSS WELLNESS IDEAS FOR PARENTS AND SERVICE PROVIDERS. SHARED IDEAS FROM A WHOLISTIC PERSPECTIVE FOR REGULATION AND WELLNESS THAT ARE HELPFUL TO CHILDREN, FAMILIES AND THE WORK PLACE. CHILD AND YOUTH MENTAL HEALTH RESOURCES WILL BE SHARED. HIGHLIGHTS AROUND PARENTAL AND ADULT STRESS AND THE IMPORTANCE OF SELF-CARE FOR PARENTS AND SERVICE PROVIDERS. THE THEME OF CULTURAL SAFETY WILL BE INTEGRATED INTO THIS WORKSHOP.

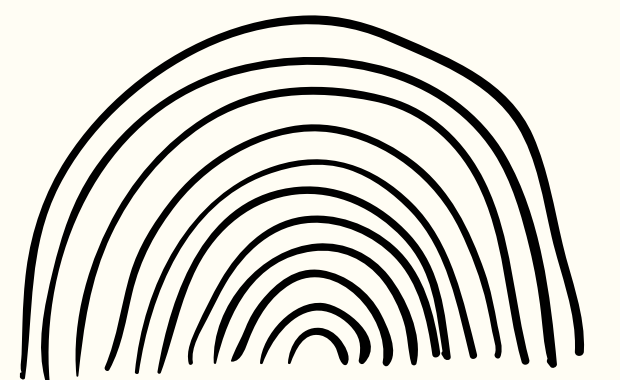
**PLEASE REGISTER BY MAY 21ST**

**REGISTER WITH: [EYASSISTANT@FRISOCIETY.CA](mailto:EYASSISTANT@FRISOCIETY.CA)**

**ZOOM LINK WILL BE SHARED 2 DAYS PRIOR TO WORKSHOP**



RONA STERLING-COLLINS, QUIST'LETKO FROM THE NŁE?KEPMX NATION. HER ADULT SON WYATT HAS AUTISM, WHICH CHALLENGED HER TO BECOME AN ADVOCATE FOR HIM AND OTHER INDIGENOUS CHILDREN AND ADULTS WITH DEVELOPMENTAL DISABILITIES. RONA HAS WORKED WITH MANY INDIGENOUS ORGANIZATIONS AND COMMUNITIES AND CHAMPIONED MANY PROJECTS AND INITIATIVES.



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## 23 MAY | 1 - 3PM ONLINE



FREE WORKSHOP BROUGHT TO YOU BY THE INDIGENOUS EARLY YEARS PROGRAM

WE RECOGNIZE THE TRADITIONAL TERRITORIES OF THE KATZIE AND KWANTLEN FIRST NATIONS. WE RESPECTFULLY ACKNOWLEDGE THE MANY NATIONS WHO ARE REPRESENTED BY THE URBAN INDIGENOUS POPULATION IN THE FRASER VALLEY AND METRO VANCOUVER AREA

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