

SAVE THE DATE

“Understanding, supporting, and surviving the often confusing, challenging, and distressing world of the stressed and dysregulated adolescent.”

Tuesday February 13th

6:00pm Dinner

Presentation by Dr Kristen McLeod to follow

College Heights Secondary School

371 College Ave W, Guelph

Dr. Kristen McLeod, C. Psych.



This talk will focus on understanding how regulation development – which is key for learning, resilience, and positive relationships - can look very different in neurodiverse youth, and how these differences are most evident during times of stress. We will discuss a model for understanding what leads to good regulation, and where difficulties may arise for individual youth. The goal is to simplify often complex behavioural concerns including aggression, school refusal, and self-harm. Through this model, we will begin to look at strategies for supporting youth both at home and at school.

YOU DON'T WANT TO MISS THIS!

Registration details will be sent out soon!