



# ZONES OF REGULATION®

Child & Community Resources are pleased to offer the upcoming groups, focusing on The Zones of Regulation® curriculum to our Ontario Autism Program waitlist families.

## BEGINNERS 5-7 YEARS OLD

**Thursdays**  
**4:30 - 5:30 pm**

Beginner Zones will focus on identifying emotions and the Zones of Regulation®. Flexible thinking, inner coaching, and calming strategies will also be introduced.

## THE NEXT STEP 8-11 YEARS OLD

**Thursdays**  
**6:00 - 7:00 pm**

The Next Step will review emotions and zones and focus on the identification of moving through the zones. Strategies to calm and alert, and increase awareness of potential triggers.

## ADVANCED AGES 12 AND UP

**Thursdays**  
**7:30 - 8:30 pm**

Zones Advanced will focus on the development of cognitive thinking strategies to support with emotional regulation such as Inner Coach and Critic, flexible thinking, and yellow zone tools.

### **Please note:**

As a group based service, all participants will be expected to demonstrate listening, waiting and responding skills to support with group facilitation.

In order to support with the success of the group, we ask that:

- children/youth agree to participate voluntarily;
- be able to participate without one to one support; and,
- parents/ caregivers attend the last 10 minutes of the session.

All sessions will be held at **1159 Alloy Drive, from February 21, 2019 to May 23, 2019 (excluding March 14 & April 18)**

**There is an intake process to confirm this service is a good fit for your child/youth.**

For more information, or to register, please contact Jennifer Logan at (807) 624-2540 ext. 3114.

You can also register online at: [https://www.surveymonkey.com/r/TB\\_Zones](https://www.surveymonkey.com/r/TB_Zones)



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et la Communauté