

Emotion Regulation for Parents of Children with Autism.

You're always there for them -Who's there for you?

- **Do you often experience intense emotions as a parent and wish you could cope better?**
- **Do you often feel angry and frustrated at your child's behavior?**

"Thinking Emotions" presents an introduction session - hands on methods to help parents to better cope with the every day challenges. "Thinking Emotions" was developed and implemented successfully by a Stanford research team.

When: Tuesday 09/19 6:00pm-7:30pm or Friday 09/22 10:00am-11:30am

Where: 900 N San Antonio Rd Suite 101, Los Altos CA 94022

Cost: 25\$

For registration click on the links below

<https://www.meetup.com/preview/Breathe-Holistic-Health-where-mind-body-and-soul-meet/event/s/243124791>

<https://www.meetup.com/preview/Breathe-Holistic-Health-where-mind-body-and-soul-meet/event/s/243124836>

For more information - <http://thinkingemotions.com>

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This list is hosted by the Palo Alto Community Advisory Committee (CAC) for Special Education, a member of the Special Education Local Plan Area (SELPA 1) . Our website is: cacpaloalto.org. For questions, contact paloaltocac@gmail.com.

The list is a forum to get support, share resources, ask questions, and learn about relevant events. Be respectful of the opinions and experiences of others. Refrain from making personal attacks. Keep your language civil. No forwarding of messages without permission from the author.