



Early Years  
Centre

**A Revelstoke Early Years Parent Information Series Event:**

# Self-Regulation

*Children can build skills to help manage their emotions and behaviours.*

**Let's Talk about It!**



**Cost:** FREE!

**When:** Wednesday, February 20 at 6:00-8:00 pm

**Where:** Begbie View Multipurpose Room,  
1001 Mackenzie Ave

**Who:** Parents, grandparents, early learning  
and child care providers and anyone who  
spends their time with children!

**To Register:** Call 250-837-6669 or  
email [revelstokeecd@gmail.com](mailto:revelstokeecd@gmail.com)

**~ Please RSVP as refreshments will be served ~**

**In this workshop, we will:**

- Learn what self-regulation is and how it impacts behavior
- Discover simple ways to develop self-regulation with young children
- Learn strategies to help calm yourself and your child

**A parent information session with Revelstoke's own, Dr. Katie Kryski, R. Psych.**

*Dr. Kryski was born and raised in the Kootenays. She obtained her M.Sc. And Ph.D. in Clinical Psychology from the University of Western Ontario. She currently has 18 peer reviewed publications in the area of child development. Currently, Dr. Kryski provided psychology services to children and adults in Revelstoke through her private practice, Ascent Psychology.*

