

Schools and Community Organisations Exchange

Emotion Regulation Workshop




- Learn evidence-based tools, techniques, and strategies to help students regulate their emotions for a more effective classroom environment.
- Identify signs and triggers of emotional distress and strategies to help students through uncomfortable emotions.
- Discuss how lack of emotional regulation skills impacts everyone in the classroom.
- Share tools and resources to establish calm learning environments.
- Meet David Berlinski, psychologist from Toolbox Education, who will facilitate this **free** professional development opportunity for education professionals.

 **Thursday 26 June 2025**

 **9.30 am refreshments**

**10.00 am – 11.00 am
workshop**

 **Sydenham Neighbourhood
House 101/Level 1, 1
Station St, Sydenham
Community Hub Building,
Community Hub, Taylors
Lakes VIC 3038**



For further information

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