



# EMOTIONAL SELF-REGULATION (ESR)

An 8-week on-line program for young people experiencing challenging behaviour, big emotions, low mood or making impulsive choices. The group focuses on developing skills to manage feelings, stay calm, and make helpful decisions using fun activities in a safe, supportive, and accepting virtual space. Programs are age-specific, and groups are small to encourage comfort and participation.

**Content is suitable for ages 7-15.**

**Call Rebound today to find out if this program is the right fit for your child.**

**(905) 372-0007**

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