CYCA
CENTRE OF EXCELLENCE

THRIVE
Building Resilience
Connection and Hope

Creating Calm For Children

4-week course

- Understand your child's emotional and sensory world
- Creating calm during moment of overwhelm
- Using co regulation to support emotional safety
- Creating routines that bring calm
- Strengthening your relationship through connection and understanding

Interested in joining our next course? Scan the QR code to find out more.

Creating Calm: Course Interest