



**Algonquin & Lakeshore**  
Catholic District School Board



**PSYCHOLOGY  
CLINIC** at Queen's University



Do you have or know anyone who has a child in Kindergarten?  
Ever wonder about the wiring of the brain and its effect on our  
emotions?

Do you often parent in the 'red brain'?

Do you know what causes your child stress?

Did you know that it is crucial to think about the 'why behind the  
what' of your child's behaviour?

# SELF-REGULATION: AN INFORMATION NIGHT FOR PARENTS\*

A friendly, open discussion co-facilitated by  
Tess Clifford, Ph.D., C.Psych.  
Director, The Psychology Clinic at Queen's

Marie-Josée Gosselin-Gray & Jordan McDonald  
Kindergarten Educators

**Feb. 13 | 5:30-7pm | École catholique  
Cathédrale Early Years Campus | 48 7th Ave. |  
Refreshments provided | Child care provided**

This information night is part of our goal to open up dialogue about  
children's emotional well-being and what we can all do to better support  
their everyday needs

\*If you are an educator in the Early Years, you are most welcome to  
attend; however, you will have an opportunity to take part in another  
learning session in March