



BC Council for Exceptional Children | Spring Workshop



## **MANAGING BIG FEELINGS FOR ALL AGES: AN EVENING FOR PARENTS AND EDUCATORS**

**FRIDAY, APRIL 7, 2017**

Emotion regulation has become a recent focus in the psychological literature and in social-emotional learning curriculum in our schools. What is emotion regulation? And how do we instill this important skill in our children? This presentation will introduce the concept of emotion regulation as well as offer strategies for parents who wish to more easily support their child's transition from "melt-down" to "cool-down". In a nutshell, we will discuss ways we can support our children to better manage their big feelings while at the very same time, we try to manage our own feelings in response.

Presented by: **Michelle Srdanovic, M.A., R.C.C.**

Location: Holiday Inn, Vancouver Centre

711 W. Broadway, Vancouver BC

Registration & Refreshments 6:30-7:00pm

Presentation 7:00-9:00pm

### **Who Should Attend:**

- Parents
- Caregivers
- Teachers
- People who work with or support children

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### About Our Presenter:



**Michelle Srdanovic** is a Registered Clinical Counsellor with a Master's Degree in Counselling Psychology from Simon Fraser University. Over the last 15 years, Michelle has worked with families, couples and children using expressive, cognitive-behavioural and emotion-focused therapeutic practices, as well as provided community education on the topics of trauma and anxiety. She was a Board Member of the BCPTA (BC Play Therapy Association) from 2010-13 and is a proponent of the use of play therapy with young children. In the past, she has worked as a Family Counsellor with Family Services of Greater Vancouver providing assessment and therapy to parents and children referred by the MCFD (Ministry of Children and Family Development). She currently divides her time between counselling a broad range of clients in her private practice, supervising graduate interns, and serving as Faculty at BCIT where she teaches psychology and counselling skills. Her private practice work is focused on supporting families who struggle with anxiety and emotion dysregulation. Additional information about Michelle can be found on her website at [www.michellesrdanovic.com](http://www.michellesrdanovic.com)

### Registration Information:

Please register and pay online at [www.bccec.org](http://www.bccec.org)

### Registration Deadline: Thursday, April 6th, 2017

Register early, enrollment is limited!

### Registration Fee: One ticket \$25.00 | Two tickets \$40.00

Light refreshments included.

### About the BC Council for Exceptional Children

Since its inception, BC CEC has advocated for students with exceptionalities—those with disabilities and special challenges as well as those with gifts and talents. BC CEC is committed to individuals who work with students with exceptionalities—educators, support personnel and parents—recognizing that these dedicated people require tools, resources and professional opportunities to perform their jobs well. BC CEC supports these individuals by providing educational workshops and conferences on leading best practices throughout the year. BC CEC's highlight each year is the YES I CAN! Awards celebration to recognize the outstanding achievements of students with exceptionalities in British Columbia. Students from around the province are recognized in one of seven different categories: academics, arts, athletics, school and community activities, technology, self-advocacy, and transition. Consider nominating a student you know. For more information about the BC Council of Exceptional Children, check out our website – [www.bccec.org](http://www.bccec.org). Like us on Facebook!

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