

UCSB CCAMPIS Presents: Fall 2021 CALM Parent Talk Series

"De-Escalation & Self Regulation"

Description:

Join CALM Mental Health Consultant, Cassie Centofranchi, AMFT for parent talk focused on de-escalation strategies.

Participants will learn:

- o About the escalation cycle, and how to respond to your child at each stage
- o Strategies and tools to help their child regulate their bodies to decrease instance of big behaviors
- o How to talk to your child about what is going on in their brain when they have a big behavior
- o Building and fostering coping strategies with their child
- o Strategies to use when your child has big behaviors

Facilitated by:

Cassie Centofranchi

CALM- Mental Health Consultant, AMFT #117565
Supervised by: Suzie Kirkland, LMFT #91619

**Tuesday, November 16th, 2021 @
8:00 PM PST**

Zoom Link:

<https://calm4kids-org.zoom.us/j/84266088702>

Meeting ID:

842 6608 8702

Funded by **UCSB CCAMPIS US Dept. of Ed.**,
An **Early Childhood Care & Education Services** Program

Learn more about **CCAMPIS** at ucsbccampis.org

Learn more about **CALM** at calm4kids.org

Questions? Contact: saamehsolaimani@ucsb.edu

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