



Mother Teresa High School



# A Message From Mother Teresa High School

CSPA & the Ottawa Catholic School Board presents...

**Dr. Stuart Shanker**

**An Introduction to Self-Regulation: Stress Behaviour versus Misbehaviour**

**Nov. 3rd, 2016 at St. Paul HS, 7 pm - 8:45 pm**



Dr. Shanker will look at why children and youth are so over-stressed today, with particular attention to the nature of hidden stressors and the distinction between misbehaviour and stress behaviour. He will explain the 5 steps of self-regulation, not just in a way for parents to apply these with their children, but also for themselves.

[Click here to register.](#)



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