



Self-Regulation



**Contact: Elisa Fronczak
Community Development and
Inclusion Lead**

**Participants will learn practical
strategies to recognize and
manage emotions.**

Topics

Program Details

**Date: Program runs every
Tuesday June 2 2026
to Tuesday July 7 2026**

Time: 1pm to 3pm

Fee: \$ 110

**Location: 401 Champagne Drive,
North York M3J 2C6
(Training Room)**

Contact Us

 **(416) 736-0199 ex. 322**

 **efronczak@metacentre.ca**

✓ **What is Self-Regulation ?**

Understanding emotions and why we experience them

✓ **Calming Strategies**

Learn healthy ways to manage stress

✓ **Recognizing Triggers & Warning Signs**

Recognizing emotions early before they escalate

✓ **Communicating Effectively**

Managing conflict in a calm and respectful way

This program is designed for individuals who can participate independently without staff or caregiver support.

Please contact us to discuss individual learning supports and accessibility.