



Piedmont Regional Education Program
Parent Resource Center
presents

A PREP Autism Behavior Team Workshop

THE ZONES OF REGULATION®

Free Parent and Elementary Student Workshop

Wednesday, March 8th, 2023

5:00pm — 6:30pm

Abrams Academy- 3395 Central Plains Road Palmyra

5:00 pm — 6:30 pm Parent Zones Workshop

5:00 pm — 6:30 pm Student Self-regulation Workshop

The Zones of Regulation is a systematic, cognitive behavioral approach to teach self-regulation. The Zones framework provides strategies to teach individuals to become more aware of and independent in managing their emotions and impulses, manage sensory needs and improve their ability to problem solve conflicts. The Zones framework combines Social Thinking Concepts, visuals and de-escalation strategies to help individuals identify their feelings/level of alertness, understand how their behavior impacts others, and learn what tools work for them to manage their feelings and behavioral responses.

Students will build their own self-regulation toolkits to take home.

All students must be accompanied by an adult.

Free Registration: email Stephanie Hicks shicks@k12albemarle.org