



January school holidays

## Zones Of Regulation

Empowering emotional awareness and self-regulation

**Age:**  
**6-12 years**

**Cost: \$250 per session**

**Venue:**  
**Early Start Australia,  
South Morang Clinic**

**Time: 10:00 am- 12:00pm**

**Friday 10 Jan 2025**

**Friday 17 Jan 2025**

**Friday 24 Jan 2025**

**This program offers children aged 6-12 an opportunity to explore emotional awareness and self-regulation skills.**

Facilitated by an experienced occupational therapist and provisional psychologist, this interactive program provides a supportive space for children to:

- Explore emotions and behaviors through the Zones framework.
- Practice strategies to manage feelings and navigate daily challenges.
- Engage in activities promoting social-emotional understanding and peer interaction.

This program aims to foster growth and resilience in a fun, collaborative environment.

**Next steps:** Click [here](#) to register for this group. Or if you wish to discuss if this group is suitable for your child, please contact the clinic at [southmorang@earlystartaustralia.com.au](mailto:southmorang@earlystartaustralia.com.au) or call us on **1300 372 439**.

If you are seeking individual therapy, or no longer require services, please let us know so we can update your details on the waitlist.



**Early Start Australia | VIC | South Morang**  
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