



**San Lorenzo Unified  
School District**



# *Special Services* **Family Workshop**

Brain-based Strategies for Emotional Regulation

**🕒 Thursday, Jan. 29**  
**5–6:30 p.m.**  
6:30–7 p.m. Q&A *(optional)*

**📍 SLZUSD Board Room**  
15510 Usher St., San Lorenzo, CA  
**👤 Laurel Edgecomb, LMFT**  
Facilitator

## **Workshop Overview**

- **Brains and Behavior**  
How the brain influences children's emotions and choices.
- **The Color System**  
Using colors to recognize emotions, calm down, and make better decisions.
- **Practical Strategies**  
Step-by-step tools to reduce conflict and build emotional resilience.
- **Interactive Role-Play**  
Practice strategies in real-life scenarios.

## **What Parents Will Learn**

- How your child's brain works during stress or strong emotions.
- Research-based strategies to support calm and connection at home.
- Tools you can immediately use to strengthen routines and reduce conflict.