

ACL

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# Zones of Regulation

## Online Course

This engaging one-week course is designed to give parents and carers valuable insight into the Zones of Regulation framework. You will learn practical strategies to help children and young people:

- Recognize and understand their emotions
- Develop self-regulation skills
- Build resilience and emotional intelligence
- Strengthen communication and relationships

**Date: 26/03/2026**

**Time: 19:00 - 21:00**

Scan the QR code, or Visit our website [aclessex.com](https://aclessex.com) and type "ZONES" or "HO4C56OL25" in the 'Find a course...' box



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