



# Keeping it Under Control: Self-Regulation

Presented by:  
Alpine School District



**Join us online!**

Thursday, February 24th  
6:30 PM- 8pm

Register here:  
[bit.ly/ASDSelfReg](https://bit.ly/ASDSelfReg)

Learn simple, usable strategies to implement at home or any setting to support students in developing self-regulation skills.

Learn how to generalize these skills across settings and increase skill independence through recognition of feelings and emotions.

Questions?

Call the Utah Parent Center Parent Consultant representing Alpine School districtt, Maria Wiscombe at: 801.318.1959  
Email: [Maria@utahparentcenter.org](mailto:Maria@utahparentcenter.org)