



■ Calm Together — Supporting Families Through Emotions and Behaviour

■ Who We Are

Calm Together is a supportive space for families navigating emotional regulation and challenging behaviour at home. We understand how difficult it can feel when your child's behaviour is different at home than at school. You are not alone — we are here to listen, guide, and support.

■ What We Offer

- Practical strategies for supporting emotional regulation
- Advice for managing challenging behaviour at home
- Family engagement sessions and workshops
- Bespoke resources and tools tailored to your family
- A safe and understanding space for parents to share experiences

■ Our Approach

We believe that **all behaviour is communication**. By understanding the “why” behind behaviour, we can help parents build connection, empathy, and confidence. Our approach focuses on co-regulation, emotional understanding, and positive relationships.

■ Family Support & Training

We offer training and workshops designed to help families:

- Understand emotional triggers
- Use regulation strategies that work at home
- Build stronger family communication
- Create calm, supportive home environments

■ You're not alone. Together, we can help your child thrive at home and beyond.

■ **Facebook:** Calm Together — Supporting Emotional Regulation

■ **Email:** calmtogether@yahoo.com

