



# napierhouse

SUPPORTING YOUR GOALS

## Expression of Interest Welcome

### Zones of Regulation Group

Zones of Regulation is **an approach used to support the development of self-regulation in children also known as self-control**. Children who are well regulated are able to be in the appropriate zone at the appropriate time. This is teaching kids strategies to help understand and regulate their own emotions and be able to recognise feelings and emotions in others as well.

*Groups that will be running*  
6-8 year olds  
9-12 year olds

This is a 12 week program.

Cost per session: \$90

Total cost \$1080

Please note you are signing up for a 12 week program, and a service agreement will be required for payment for all 12 weeks.

The **ZONES** of Regulation®



If you think this program would be a good fit please call Napier House on **(03) 5410 1011** or email reception on **reception@napierhouse.com.au**

And provide the following details :

Childs Name	Childs Age	Diagnosis ( if there is one)
NDIS Number	Plan or self managed	Contact Name and Number

Our admin team will then give you a call to complete a screen to find out more information so your child can be put in the best possible session running.