

From Chaos to Calm:

Understanding Sensory Triggers & Emotional Regulation

FREE Workshop For Parents and Caregivers

Learn practical strategies to offer support, deepen your connection, and remain calm during big emotions.

In this interactive workshop you will:

- Learn that behavior is communication of an unmet need
- Understand sensory processing and how to support sensory needs
- Gain practical strategies to respond with intention during big emotions
- Learn how to nurture well-being for your child and yourself by feeling and flowing through challenges

Each household receives a complimentary well-being toolkit.

When: Tuesday, October 13, 2026
6:00-8:00 PM Workshop

Where: Brooklife Church
857 S. Rochester St. Mukwonago

Presented by Bloom360 Learning Community Experts:

- Andrea Svoboda, OTR/L - Learning Guide & Occupational Therapist
- Cindy Gosh, MSW - Director of Programs & Social Worker
- Laura Rauman - Founder/President



Space is limited - register now!

To register, visit bit.ly/4w38Rmp or use the QR code.

Complimentary childcare will be provided!

For more information, contact (414) 935-6368.



This workshop is a collaboration between Bloom360 Learning Community and Brooklife Church. The workshop is made possible through funding received from the Women and Girls Fund of Waukesha County.

