

# From Chaos to Calm: Understanding Sensory Triggers & Emotional Regulation

## FREE Workshop For Parents and Caregivers!

**Learn how to offer better support, deepen your connection, and remain calm.**

One of the best ways we can support and nurture our children is understanding how they uniquely experience and respond to the world! Learn how neurodivergent individuals experience the world—and respond with empathy, compassion, and confidence. This workshop helps you decode big emotions and behaviors while honoring individual differences.

## New Activities & Take Home Materials

In this engaging workshop you will:

- Learn that behavior is communication
- Understand how sensory processing leads to a deeper connection with your neurodivergent individuals
- Gain strategies/tools that honor individual differences in times of big emotions
- Learn how to support your child and yourself during and after times of big emotions/behaviors

*The workshop is free and includes a complimentary calming toolkit (one per family/household).*

**When:** Tuesday, October 14, 2025  
5:30-6:00 PM Complimentary Light Dinner  
6:00-8:00 PM Workshop

**Where:** Covenant Harbor  
1724 W. Main St. Lake Geneva  
Parking is free!

Presented by Bloom360 Learning Community Experts:

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



**Advance registration required. SPACE IS LIMITED!**

To register, visit <https://tinyurl.com/23zywj99> or use the QR code.

Complimentary childcare will be provided!

For more information, contact (262) 374-2242.



**This workshop is a collaboration between these compassionate 501(c)(3) nonprofits:**

Bloom360 Learning Community nurtures whole person development in neurodivergent children and adults and their caregivers through its independent, 501(c)(3) non-profit school and adult learning center in East Troy. [www.bloom360.org](http://www.bloom360.org)

The Tree House serves Walworth County children and families through equitable access to child abuse prevention, education, and resources. [www.treehouseforkids.net](http://www.treehouseforkids.net)

