

What's going on with my child?

Understanding Behaviour, Stress, and What Actually Helps

With Dr. Susan Hopkins



November 5, 2025 | 6:30-8pm
Webinar

Join Susan Hopkins for a **real, honest, and practical conversation** about stress, behaviour, and the science of Self-Reg. You'll hear stories you'll recognize, learn strategies that work in real life, and come away with a deeper understanding of your child—and yourself.

You'll leave with:

- A clearer lens for understanding your child's behaviour
- Strategies that you can start using immediately
- And permission to see yourself with the same compassion you give your child

Whether you're navigating nap battles, big feelings, or the quiet worry of "Is something wrong?"—this is a space to feel supported, informed, and a little more hopeful.



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD



About the Speaker:

Susan Hopkins, EdD
(she/her)

Executive Director,
The MEHRIT Centre

Susan has worked in numerous educational contexts and roles supporting childhood development. Susan is the co-author of the Self-Reg Schools Handbook for Educators with Dr. Stuart Shanker (Pearson, 2019) and developed the online resources for the Principal's edition.

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