



Palm Beach County
Board of County Commissioners

Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



Emotion Regulation

Presented by Alexandra Perez, M.S.

Wednesday, January 28, 2026

9:30 am - 11:30 am

Location: Zoom Remote Video Conference*

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

No CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/T7K6LY6>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on January 27, 2026

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

Emotional regulation is a foundational skill that supports children's ability to manage reactions, build positive relationships, and engage in adaptive behaviors across home, school, and community settings. Therefore, it is a critical area of focus for caregivers and professionals working with children and adolescents. This didactic training is designed for parents, educators, and professionals seeking practical, research-informed strategies to promote emotional regulation in youth. The training provides an overview of emotional awareness, stress responses, and emotional development, while teaching participants how to help children identify and express emotions, recognize early signs of dysregulation, and use developmentally appropriate, evidence-based strategies such as relaxation and grounding techniques. Emphasis is placed on the role of parents and caregivers in co-regulation, including effective modeling, common challenges, and practical ways to support emotional stability in daily routines.

Learning Objectives:

1. Explain the development and function of emotional regulation for social, behavioral, and overall daily functioning in children and adolescents.
2. Identify and demonstrate developmentally appropriate, evidence-based relaxation and grounding techniques to manage emotional escalation and dysregulation in youth.
3. Identify resources that can be used to support emotional regulation at home and in educational or clinical settings.

Presenter:



Alexandra Perez, MS is a doctoral intern at the Youth Services Department's Education & Training Center. She is currently pursuing her Doctorate of Psychology through Nova Southeastern University. Her interests include working with children and adolescents with a range of presenting concerns, from trauma to mood or behavioral disorders; supporting families to strengthen relationships; and promoting diversity and cultural humility in all aspects of treatment.

Disclaimer: The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

Space is Limited: Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

What to Bring: A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

Accommodations for the differently abled: Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

Registration contact person: Cristal Montepeque at (561) 233-4460 or CMontepeque@pbcgov.org

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

www.pbcgov.com/youthservices/EducationCenter

or call (561) 233-4460