

## Supporting Emotional Regulation Workshop

**Thursday October 24, 2024 from 9am-12pm**  
Henry A Wallace Center at the FDR Presidential Library and Home  
4079 Albany Post Road in Hyde Park

**Join Emma Arnoff, LCSW, owner and director of The Sensory Space, to learn about creating Neurodiversity affirming spaces.**

- Practice regulating breath work
- Learn meanings of Neurodiversity/Neurodivergence
- Gain understanding of Ableism
- Learn different diagnoses that fall under Neurodivergent umbrella
- Participate in activity to visualize Neurodivergent brain
- Learn about Sensory Processing Disorder (SPD)
- Practice physical techniques for supporting SPD and Neurodivergency
- Discuss ways to meet Neurodivergent clients where they are

**Register at [dutchessny.gov/sensory](https://dutchessny.gov/sensory) by October 20th**

For questions please contact Xiomara Santiago at [xsantiago@dutchessny.gov](mailto:xsantiago@dutchessny.gov) or at 845-486-3568

