



## **Media Release**

Kingston Frontenac Public Library  
Jake Miller, Librarian, Adult Programming  
613-549-8888 ext 3522  
jmiller@kfpl.ca

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### **Learn about emotional regulation in the final Growing Up Human session**

What happens when children and adolescents want to change their emotions? What do they do to achieve this? And is there a right way to change emotions in childhood and adolescence? In the final, sixth talk in the Growing Up Human series, Megan Wylie, MSc. covers emotion regulation across childhood and adolescence.

Wylie will discuss how emotions shift, in the first decades of life, during the online program held via Zoom June 27 at 7 p.m. Register online at <https://calendar.kfpl.ca/event/6380034>.

“Emotional management in early life can be critical to psychological development and mental health,” said Jake Miller, Librarian, Adult Programming. “Having Megan discuss this complex process will bring a deeper understanding to something that no caregiver can afford to ignore.”

Growing Up Human is presented by the Child and Adolescent Development Group at Queen's University.

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