

ANGER MANAGEMENT GROUP FOR KIDS

Step Back & Breathe (Feelings &
Anger Management for Kids age 10-12 years)

We will learn: Mindfulness and Self
awareness activities along with coping skills
and strategies to deal with Anger.

WHERE

Aulneau Renewal Centre

228 Hamel Avenue
Winnipeg, MB

**"Remember it is human to have anger. It is what you
do with it that counts!" ~Lynne Namka Ed. D.**



ADULT INFO:

DATES

Thursday, Jan 18, 2018

to

Thursday, April 12,
2018

TIMES

5:30pm - 7:00 pm

COST

\$250 for 12 weeks

**Limited spaces
available.**

WWW.AULNEAU.COM

EMAIL

RECEPTION@AULNEAU.COM

OR CALL

204-987-7090

TO REGISTER