

ANGER AWARENESS GROUP FOR KIDS

Step Back & Breathe (Feelings & Anger Management for Kids aged 7-9 years)

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

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

**WE HAVE LIMITED SPACE
SO PLEASE REGISTER EARLY**



CENTRE DE RENOUVEAU
AULNEAU
RENEWAL CENTRE

DATES

Wednesdays,
Jan 16, 23, 30, Feb 6, 13,
20, 27, Mar 6, 13, & 20,
2019

TIMES

5:30pm - 7:00pm

COST

\$250 for 10 weeks

WHERE

228 Hamel Avenue

REGISTER

Email

reception@aulneau.com

Please Note: There are no refunds or discounts for days not attended.

QUESTIONS?

EMAIL:

reception@aulneau.com

CALL:

204-987-7090