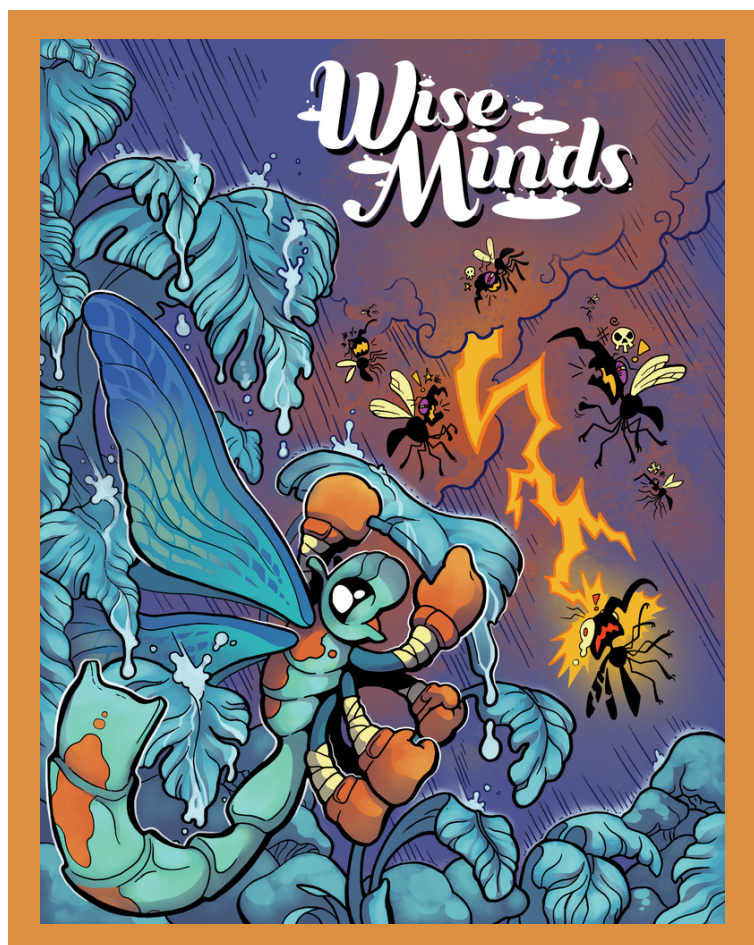


# WISE MINDS

EMOTION REGULATION  
GROUP FOR KIDS



# FREE



Date & Time

## Thursdays at 6:30 PM

October 15, 22, 29

November 5, 12

Location

## 3525 Pasqua Street

Unifor Building

## Ages 6-11

Parent(s) and child attend group together

## About the Group

Specific skills that are taught include identifying emotions, self talk, relaxation training, problem solving, and communication. There is also some information about helping kids in following day-to-day routines, and helping parents and kids navigate screen time struggles.

To register call or email Dragonfly Child and Family Wellness Centre