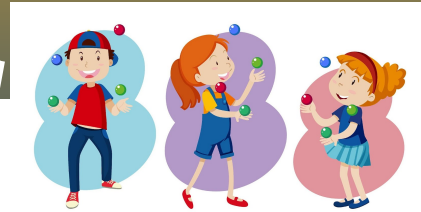


Emotion Explorers

Facilitated by Nichole Fusco, LICSW and Liz Craig, MSW Student



Wednesdays 4:30pm-5:30pm
Starting October 12, 2022
8 Session Series
Kiddos grades 3-5

Does your child struggle with...

- anxiety?
- mood and feeling out of control?
- emotional regulation?
- Feeling good about themselves?

Then join this workshop, kids elementary age (Grades 3-5) will:

- ★ learn fun activities to help children recognize when they are experiencing big emotions
- ★ learn calming techniques and thinking strategies
- ★ Activities focused on learning about emotions with movement and games for active bodies



Child attendance to all 8 groups is strongly encouraged. Group will meet IN PERSON.



Visit www.transitionscounselinginc.com to learn more and inquire for registration today!

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