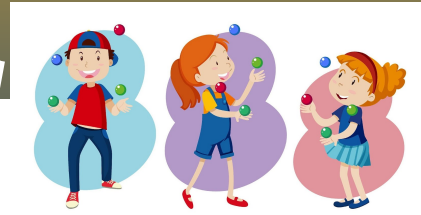


# Emotion Explorers

Facilitated by Liz Craig, Second Year MSW Student



**Wednesdays 4:30pm-5:30pm**

Winter Series starting 1/25/2023

Kiddos grades 3-5

\$25 private pay per group

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



**Group will meet IN PERSON.**  
**Ongoing, open group format.**



  
**TRANSITIONS**  
COUNSELING SERVICES, INC

Visit [www.transitionscounselinginc.com](http://www.transitionscounselinginc.com) to learn more and inquire for registration today!

65 Holbrook St, Suite 220 Norfolk MA 02056