MANAGING THE BIG EMOTIONS

Therapeutic Workshop for Caregivers

the counselling group

Calling all parents/guardians of kids aged 10 - 18 who need support managing big emotions like anxiety, anger, and frustration!

Join us to discover practical tips, helpful tools, and a supportive community as we navigate this journey together. Unlock the secrets to better co-parenting, support your child's emotional growth, and overcome barriers to building stronger bonds with your kids.

Date: Tuesday October 15, 22 and 29.
Time: 9:00 to 10:30 am (EST)
Where: Virtual
Cost: $230.00

Requirements:

Complete a free phone interview to ensure the group is the right fit.
Have basic computer literacy and reliable internet access.
Commit to attending all 3 sessions.

HOW TO REGISTER

Please contact the program coordinator, Irene Salidis, RP.

salidis@jfsottawa.com

613 722 2225 ext. 301

https://thecounsellinggroup.com/workshops/