

FEELINGS: WHAT'S THAT ALL ABOUT?

For Youth 10-15 yrs who have
witnessed conflict

RESILIENT YOUTH

INFO

Dates: Tuesdays
Oct 7, 14, 21, 28, Nov 4, 11

Time: 4:30pm - 6:30pm

Location: CCRC
540 George St N

Pizza Dinner Included!

WEEKLY OUTLINE

- Introduction - What are emotions
- What is Trauma
- Labelling emotions - Scavenger hunt
- Regulating emotions - Trip to Alpaca farm
- Express how you're feeling - Sensory, team building activities
- Wrap up - What did we learn

CONTACT US FOR REGISTRATION :

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