



3 PART SERIES

**REGISTER
NOW**



EMOTIONAL ADAPTABILITY

April 24,
May 1 & 8

When we mix our emotions with experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our 6 big emotions; Joy, Fear, Sadness, Anger, Shame, and Curiosity.

Bernard Elementary
9:30 - 11:30 AM

CHILDMINDING INCLUDED



Chilliwack
School District



Chilliwack
Community
Services
SHARE · GROW · BELONG