



CHILDREN COUNT TOO!

An Anger Management Group for Children

This FREE supportive, educational, and fun group will help children better understand their anger and learn positive and healthy ways of expressing this feeling.

This 6 session program will:

- Provide a safe place for your child to learn to talk about his/her anger and other feelings
- Help your child to identify what makes him/her angry
- Help your child to develop self-esteem
- Demonstrate communication, problem-solving and coping skills
- Teach your child how to express anger in safe and healthy ways

Ages 6-8: Monday, February 2, 16, 23 & March 2, 9, 16

Ages 9-11: Thursday, February 5, 12, 19, 26 & March 5, 12

Time: 4:30 - 6:00 PM

Location: Richmond Caring Place, 7000 Minoru Blvd, Richmond

Facilitators: Sonya Thind (ages 6-8); Vanessa Waechtler (ages 9-11)

To register for ages 6-8, please call:

Sonya Thind @ 604-279-4299 x 2

To register for ages 9-11, please call:

Vanessa Waechtler @ 604-279-4299 x 3

