



# TEMPER

# TAMING

# TOGETHER

Here are some details about this exciting new program!

Do you have a child or children between the ages 5 to 12? Do they have Big Emotions that are difficult to manage? As a parent, do you sometimes experience Big Emotions, too?

If so, then **Temper Taming Together** could be a great opportunity for your family!

Temper Taming Together is a group program for parents and children. It focuses on helping children develop the skills to identify, express and manage their emotions more effectively while also helping parents develop the skills to guide and support their children's emotional experiences. We learn how to recognize and talk about feelings, how to take care of emotions so that we can stay in control, and how we can support our family members in handling their feelings in healthy and helpful ways.

In this group, we spend some all together learning through activities, and other times we separate so parents get the chance to talk with other parents, while children spend time with trained facilitators.

Each night ends with a relaxation story and cozy carpet time for families.

Two groups will run: One on Monday evenings, April 24<sup>th</sup> – June 19<sup>th</sup> (no session on May 22<sup>nd</sup>) and the other on Tuesday evenings, April 25<sup>th</sup> – June 20<sup>th</sup> (no session on May 23<sup>rd</sup>).

**Registration for this program opens on Wednesday, March 22<sup>nd</sup> at 9:30am.** Please call us at 519.884.0000 to register. We expect groups will fill fast so please do not delay in calling on March 22nd if you are interested!

Cost: \$160.00 per family for 8 week course; subsidies available.

For more information, contact:

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Contact Us  
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Please connect with us online!