



TEMPER

TAMING

TOGETHER

Here are some details about this exciting new program for Arabic speaking Newcomers!

Are you an **Arabic-speaking person who is new to Canada** and have a child or children between the ages 5 to 12? Do they have intense Emotions (anger, frustration, excitability) 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 altogether 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.

Our group will run on Monday evenings: March 18<sup>th</sup> – May 13<sup>th</sup> 2019, 6:00 – 7:30 p.m. at Chandler Mowat Community Centre - 222 Chandler Dr, Kitchener (no group on Easter – April 22nd)

**Registration for this program opens on Tuesday, February 19<sup>th</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 February 19<sup>th</sup> if you are interested!

For more information, contact:

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