

Mondays

April 16, 23, & 30

6:30-7:15PM

**Free**

**Engage**

**Connect**

Building more loving and caring families  
through emotion coaching

**Learn the benefits of helping children  
to perceive, understand, manage, and use their emotions**

This three (3) session group will introduce parents to the role of emotion coaching in improving family communication, addressing challenging behaviors, and helping children to relate to their parents, siblings, and friends in caring, compassionate ways.

Limited spots available



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