

ANGER AND ANXIETY MANAGEMENT

We invite children to join workshops that teach methods for managing anger and anxiety in ways suitable for their age and understanding.

Workshop Dates:

- Aug 7 & 17 | **11:00 AM – 12:00 PM (Ages 5–8)**
- Aug 10 & Sept 2 | **11:00 AM – 12:00 PM (Ages 9–12)**

Location: 52 Regina St N, Waterloo

Registration Required

Contact Nikoletta Z:

226-344-5169



Partnered With:



Funded by:

