

# **Tips and Tid-Bits: Helping Children Develop Emotional Intelligence**



**Tuesday, February 11**

**6:00 - 8:00 pm**

*975 Broadway, Jackson*

**Dinner & free child care provided**

**Please RSVP at 257-1092**

**Presented by:**

**Lola Blevins - Marriage & Family Therapist, and**

**Aimee Breazeal - owner of 'Cottage in the Woods' In-Home Preschool**

**Join us as we explore...**

- Defining emotional intelligence through the vocabulary of feelings... both your own feelings, and the feelings of others.
- Tools and activities to help learn these concepts, and how to teach them to children.
- Conflict resolution and how to help children learn the skills to do this on their own.
- Setting children up for success when they have big feelings.