



3 PART SERIES

**REGISTER
NOW**



EMOTIONAL ADAPTABILITY

**FEB 25
MAR
4 & 11**

When we mix our emotions with experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our 6 big emotions; Joy, Fear, Sadness, Anger, Shame, and Curiosity.

**The NLC at
Chilliwack Secondary School
46363 Yale Rd, Chilliwack**

9:30 - 11:30 AM
CHILDMINDING INCLUDED



Chilliwack
School District



CHWK
COMMUNITY SERVICES