

From the *Inside Out*

Join us for a fun, interactive workshop based on the animated movie *Inside Out*.

Mondays from 6 – 7:30 pm

Sep. 25: *Inside Out* Viewing Party

Oct. 2: Everyday Emotions

Oct. 9: Express Yourself

Oct. 16: Coping with Your Feelings

Oct. 23: Inside the Family

Oct. 30: Building Skills for a Lifetime

Parents and their children, aged 8 - 12 years old, will practice identifying, labeling, and expressing emotions.

Snacks will be provided. At the end of the group, each family will be equipped with a Coping Skills Toolkit, plus...

Get a **free** copy of the movie *Inside Out*!

Sign Up Today!

There is no cost for this group and childcare may be available by appointment.

Registration is required.

Please contact our Family Advocate or Youth Counselor at 262-547-4600 to sign up.

Location:

The Women's Center
505 N East Avenue
Waukesha, WI 53186

Business: 262-547-4600

Hotline: 262-542-3828

www.twcwaukesha.org



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