

From the *Inside Out*

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

Thursdays from 6 – 7:30 pm

- May 3: *Inside Out* Viewing Party
- May 10: Expressing Everyday Emotions
- May 17: Coping with Your Feelings
- May 24: Inside the Family
- May 31: 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...

Sign Up Today!

There is no cost for this group and childcare is 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

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

THE
**Women's
CENTER**
Safety. Shelter. Support.



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