

# From the *Inside Out*

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

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

Snacks will be provided. Upon completion of the group, each family will receive a copy of the movie *Inside Out* and be equipped with a Coping Skills Toolkit.

**Mondays from 6 – 7:30 pm**

Feb. 20 – *Inside Out* Viewing Party

Feb. 27 – Everyday Emotions

Mar. 6 – Express Yourself

Mar. 13 – Coping with Your Feelings

Mar. 20 – Building Skills for a Lifetime

## The Women's Center

505 N East Ave.

Waukesha, WI 53186

Business: 262-547-4600

Hotline: 262-542-3828

[www.twewaukesha.org](http://www.twewaukesha.org)

Groups are led by qualified, compassionate professionals trained to address issues of domestic and sexual violence.



## Sign Up Today!

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

Registration is required. Please contact Anna B. or Christie at 262-547-4600 to sign-up.



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