

# From the *Inside Out*

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

**Tuesdays from  
6:00 – 7:15 pm**

March 19: Expressing Everyday Emotions  
March 26: Coping With Your Feelings  
April 2: Inside the Family  
April 9: 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 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](http://www.twcwaukesha.org)

  
Safety. Shelter. Support.

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



These services have been provided, totally or in part, through funding from the Waukesha County Health and Human Services.

