**Let’s All Learn About Feelings:**

**Helping Children Understand and Communicate Feelings**

Cameray Child and Family Services is hosting a **free** *6-week* workshop in New Westminster that is open to all families with children 0-5 years old

WORKSHOP:

**Let’s All Learn About Feelings:**

**Helping Children Understand and Communicate Feelings**

Join us for this fun and informative group where we will learn about feelings and how to manage them. Each week will have time for parents to learn about helping their children communicate needs and feelings, as well as a chance to ask questions and chat. We will also have time for parents and children to interact and learn about emotions through different books, crafts, and activities.

WHERE: **NLC Qayqayt** Elementary School

85 Merrivale St *New Westminster*, BC V3L 0G2

* *Multipurpose Room*

WHEN: Every Thursday for six weeks from

Thursday February 4, 2016 – Thursday March 10, 2016

***10:30am – 12:30pm***

\*\*REGISTRATION IS REQUIRED: to register please email [pspgroupsignup@hotmail.com](mailto:pspgroupsignup@hotmail.com)

or call 604-436-9449

* Families must have at least one child under the age of 5 to qualify for registration
* FREE Childcare is provided on site – must register for child care
* FREE snacks and bus tickets are also provided at each group