



TAKING THE GRR OUT OF ANGER

What: 8-week program that includes interactive discussions through story time, games and activities that allows the participant to identify triggers and ways to be able to calm down or re-energize with alternative strategies.

For participants to learn alternative choices to angry words or actions towards themselves or others to create a calmer controlled individual.



Inspiring Hope + Wellness in Our Community

WHO:
JK – GRADE 1
CHILDREN WHO
IDENTIFY AS MALE

WHERE:
645 WESTMOUNT
RD. E
KITCHENER, ON
N2E 3S3

WHEN:
WEDNESDAYS
MAY 8TH - JUNE 26TH
4:15PM - 5:00PM

CARIZON

For more information or to register, please contact Jamie Keyzer at jkeyzer@carizon.ca or 226-339-0571. Registration closes May 06th