



**Available to
School-Aged
Child & Youth**

Helping to foster awareness that children & youth require to enhance healing.

Begins in April...

*This program is designed to help individuals gain skills and recognition of the feelings and emotions attached to grief, loss and life changes.
It builds self-esteem, improves communication, prevents destructive behaviours and teaches positive coping strategies in a safe and nurturing environment.*

Thursdays

April 9, 16, 23, 30 & May 7, 14
(1/2 hour sessions per group)

Celebration May 21 - 4:30PM-5:30PM

Participants and parents/caregivers are welcome!

Hosted after school at the Alix and Area Community Resource Centre.

403-396-3369 Bay 1, 5008 50 Ave., Alix, AB

