

CHILL SKILLS

KIDS' WORKSHOP

Ages 6-11



- ✓ Learn coping skills for big feelings
- ✓ Increase ability to identify & discuss emotions
- ✓ Learn about stress responses and the brain & body connection
- ✓ Make new friends & build confidence



By Aimee VanKoughnett, MSW RSW CPT
Certified Play Therapist &
Registered Social Worker

Ages 6-8

SAT JUNE 3
10am-12pm

Ages 9-11

SAT JUNE 3
1pm-3pm

\$99*
per child

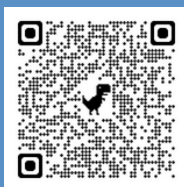
*Receipt will be provided for submission to health benefit plans for reimbursement

Location

Encompass Health & Wellness
130 Weber St. W.#202
Kitchener, ON

Link

<https://rb.gy/70odh>



Scan to register

Participants will receive a
take-home calming kit &
caregiver resource package

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