Happy Healthy Kids
-Coping Skills for Children-
A 6-week skills training class to help children develop better control over their emotions by learning problem solving and coping skills

Want to help your child cope with stress and better manage problems?
Skills to be taught include:
• Problem solving
• Recognizing and managing difficult emotions
• Tolerating and handling frustration, anxiety, and stress

WHEN: Thursdays 4:30 – 6:00pm, starting September 14, 2017

WHO: Children ages 8-11

WHERE: The Harris Center - University of Kentucky
644 Maxwelton Court, Lexington, KY 40508

COST: $99 (scholarships available)

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!
(859) 257-6853 or email: HarrisPSC@gmail.com

The Harris Center
Jesse G. Harris, Jr. Psychological Services Center
University of Kentucky Department of Psychology

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