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: Tuesdays 4:30 – 6:00pm, January 29 – March 5, 2019
WHO: 3rd-5th grade children
WHERE: The Harris Center - University of Kentucky
644 Maxwelton Court, Lexington, KY 40508
COST: $90 (Reduced fee available - based on income or need)

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!
(859) 257-6853 or email: harriscenter@uky.edu

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

The Fayette County Public Schools neither endorse nor sponsor the organization or activity promoted in this document.