



# 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:** 3<sup>rd</sup>-5<sup>th</sup> 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](mailto:harriscenter@uky.edu)



**The Harris Center**

Jesse G. Harris, Jr. Psychological Services Center

*University of Kentucky Department of Psychology*

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