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 January 2018
WHO: Children ages 8-11
WHERE: The Harris Center - University of Kentucky
644 Maxwelton Court, Lexington, KY 40508
COST: Sliding scale based on income (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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