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, September 18 – October 23, 2018

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: HarrisPSC@gmail.com

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

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