



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 10 – October 15, 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

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