



3 PART SERIES

**REGISTER  
NOW**



# EMOTIONAL ADAPTABILITY

**April  
16, 23, 30**

When we mix our emotions with experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our 6 big emotions; Joy, Fear, Sadness, Anger, Shame, and Curiosity.

**CCS @ The Paramount  
Arbutus Room**

**#100 - 46187 Yale Rd, Chilliwack**

**6:00 - 8:00 PM**  
CHILDMINDING INCLUDED



Chilliwack  
School District



**CHWK**  
COMMUNITY SERVICES