



**CCRC & PYS
COLLABORATION**



FEELINGS: WHAT'S THAT ALL ABOUT?

**For Youth 10-14 yrs who have
witnessed conflict**

RESILIENT YOUTH

INFO

**Dates: Wednesdays
Oct 2, 9, 16, 23, 30, Nov 6**

Time: 4:30pm - 6:30pm

**Location: CCRC
540 George St N**

Pizza Dinner Included!

WEEKLY OUTLINE

- Introduction - What are emotions
- What is Trauma
- Labelling emotions - Scavenger hunt
- Regulating emotions - Trip to Alpaca farm
- Express how you're feeling - Sensory, team building activities
- Wrap up - What did we learn

CONTACT US FOR REGISTRATION :

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