

# FEELINGS: WHAT'S THAT ALL ABOUT?

For Youth 10-13 yrs who have  
witnessed conflict

## RESILIENT YOUTH

### INFO

**Dates:** Tuesdays  
Apr 1, 8, 15, 22, 29, May 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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