

Empowering Kids

Does your child struggle with anger? Are you concerned about bullying? Ever feel at a loss helping your child manage feelings and make better decisions? **Empowering Kids** is a workshop designed to help children ages 7 - 11 learn about:

- Anger management
- Dealing with bullies
- Coping with frustration and disappointment
- Reducing anxiety

Call 425-339-5453 to see if this workshop would be a good fit for you and your child. Costs are covered in part by most insurance plans. Please contact your insurance provider for information about coverage.

**Locations
and times
available
online!**



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