

# Empowering Kids



Does your child struggle with anger? Are you concerned about bullying? Ever feel at a loss for how to help your child manage his or her feelings and make better decisions?

Empowering Kids is a four week workshop designed to help children ages 7 - 11 years old learn effective skills and strategies to deal with troubling emotions and problem people.

Learn more about:

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

Call today to see if this workshop would be a good fit for you and your child.

## LED BY

James Dauer, LH

## DAYS AND TIMES

Tuesdays, 4 - 5 pm

## LOCATIONS

The Everett Clinic Center for Behavioral Health  
1728 W Marine View Dr.  
Suite 106  
Everett, WA 98201

## FOR INFORMATION

Call 425-339-5453

[everettclinic.com/classes](http://everettclinic.com/classes)

**The Everett Clinic**  
For the whole you.