

EMotion Coaching

Emotion Focused Family Therapy

(Adapted from the work of Adele LaFrance)

Wednesdays: Jan 18/25 and Feb 15/22

Time: 5:30-7:30

Mission Central Library

**Free childcare and food for both children and adults**

Session 1: Letting Go of Guilt and Your Child’s Brain (pizza)

Session 2: Helping with Big Emotions and Free Calming Kits (Subway)

Session 3: Discover Your Parenting Style (Brown’s chicken)

Session 4: Questions and Sharing of Resources from Community Supports (Pasta)

These sessions are designed to help you support your loved one’s big emotions and support your family’s overall well-being.

Since the workshops build on each other, participation in all 4 is strongly recommended.