



FINDING BALANCE

A GUIDE TO EMOTIONAL WELL-BEING

Our **6-week program** is tailored for **4th to 6th graders**, aiming to highlight the importance of emotional well-being and provide practical tools for managing emotions.

PROGRAM TOPICS

- 1 Understanding Emotions
- 2 Recognizing Anxiety
- 3 Perception
- 4 Resilience
- 5 Pieces of me
- 6 Recap of Key Takeaways



Program Cost

\$700 per class
for 6 weeks

For more information, please contact

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