



This is **NOT** a Cass School
District 63 Sponsored
Event/Organization



Families Dealing with Feelings

For caregivers of preschool–5th graders.
No children, please.

Explore the world of feelings and find new ways to help the children in your life sit with, navigate, reduce, deal with, and show feelings in healthy ways. Each week, caregivers will receive tips on navigating childhood moods and emotions from a child therapist at Kids Matter Counseling in Hinsdale.

All classes meet 6:45–7:45 p.m.

- Exploring Anger:** Tuesday, Sept. 6
- Sitting with Sadness:** Tuesday, Sept. 13
- Navigating Grief:** Tuesday, Sept. 20
- Reducing Anxiety:** Tuesday, Oct. 4
- Dealing with Jealousy:** Tuesday, Oct. 11
- Showing 2 Feelings at Once:** Tuesday, Oct. 18



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