



CALM, COOL, CAPABLE™

When: Thursday, June 13th
9:30AM - 12:00PM

Where: Nature Hill Intermediate
School

Who: Boys
Ages 11 - 13 years

An educational yet fun workshop that provides general feeling and emotion identification.

WORKSHOP HIGHLIGHTS

- Experience a hands-on approach to building coping skills
- Explore techniques to manage emotions
- Learn Kid-friendly techniques to stay “calm, cool, and capable”
- Discover calming techniques and skills



REGISTER NOW



Questions, email us at:
info.galsontheproject@gmail.com

