



It's A New Year

A FREE group for children ages 6-12. Groups are FUN, IMAGINATIVE and full of DISCOVERY.

Groups include crafts, games, art and much more!

Children will learn about:

- identifying emotions
- self-esteem & self-discovery
- coping skills and self-care
- goal setting
- safety planning

Snack is provided
Transportation is provided if needed
Facilitated by qualified professionals

January 12, 2018- February 9, 2018
Every Friday from 1:00pm- 3:00pm
@ It's A Blast, 811 5 Avenue South

To Register, please contact Jade or Erin @ 403-329-0088 OR
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ERusnak@ywcalethbridge.org