



From Feelings to Friendships: Promoting Healthy Social Emotional Development

This four-week class will provide information for families on how to promote children's social and emotional development. Healthy social emotional development refers to experiencing, managing, and expressing the full range of positive and negative emotions. Developing close, satisfying relationships with other children, adults, and actively exploring his/her environment and learning. Participants receive a Parent Workbook with home activities in addition to the ideas presented in the weekly class. The class structure is in the form of group discussions led by a parent educator for an hour and a half per session. A free supper and childcare will be provided while you attend. Participants are asked to attend all four classes.

- WHEN:** Tuesday, January 9th, Tuesday, January 16th, Tuesday, January 23rd & Tuesday, January 30th.
- WHERE:** Aitkin Children's Center
- TIME:** 5:00-7:00 pm
- COST:** Class is **FREE** - Meal provided
- CHILD CARE:** Child care will be provided on a first come, first serve basis.
- TO REGISTER:** Please complete the registration form below. Mail or drop off the completed registration form at the Aitkin Children's Center
Deadline to register is Wednesday, January 3rd, 2018

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From Feelings to Friendships Registration Form

Parents' Names _____ Phone _____

Class Session: 5:00-7:00 pm

Address _____

Email _____

Child Care Needed Yes No

Name and age(s) of children needing child care _____

Meal Count: # of Adults _____ # of Children _____

Date Received (office use only) _____



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