

Campbell River Family Services Society is pleased to present:

Changes

It is never easy to deal with changes in life, especially when
you are a kid!

This group focuses on teaching kids skills to:

- ✓ Coping with a loss, the separation or divorce of their parents, change of school, a move, or other significant life change
- ✓ Communicate their feelings around the changes happening in their lives
- ✓ Engage in activities that help them manage their big emotions

Ages: 8-10 years old

Dates: October 29th – November 26th

Times: 3:15pm-4:30pm

Where: Campbell River Family Services Society

487 – 10th Avenue, Campbell River

This program is free, but you must pre-register by contacting:

Nici @ 778-346-9330 nici.forsyth@crfs.ca or

Meagan @ 778-346-9329 meagan.manzulenko@crfs.ca

