

# Calm, Cool & Capable Kids

**When: 9:30 - 12:00 PM**

**Who: Boys ages 7- 10 years old**

Through fun & interactive activities, your child will learn tips & tools to:

- Reduce anxiety
- Boost self esteem
- Build resiliency
- and more!



# Frenemies 101

**When: 1:00 - 3:30 PM**

**Who: Girls ages 7-10 years old**

Through fun & interactive activities, your child will learn tips & tools to:

- Making, keeping & maintaining healthy relationships
- Boost self esteem
- How to handle social media
- and more!



**Register  
On-Line  
Today!**