



Happy Holidays



School Reopens
January 6, 2025





Chilliwack
School District



CHWK
COMMUNITY SERVICES

ANGER CPR

Gain awareness of the emotional roots to anger, the difference between anger and aggression, and the steps that take us from frustrated to furious or adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, yours, and your child's.



**REGISTER
NOW**

3 PART SERIES WEDNESDAYS
FEBRUARY 5, 12, 19
9:30 - 11:30AM

Chilliwack Secondary School CSS –
Neighborhood Learning Centre NLC
46361 Yale Rd, Chilliwack





Circle OF SECURITY



A research and relationship-based program that takes much of the guess work out of being a caregiver; improving confidence in recognizing your child's emotional, relational needs; and providing information to help interpret your child's behaviour.



8 Part Series

CCS – Paramount–Arbutus Room
#100 – 46187 Yale Rd, Chilliwack

Jan 15, 22, 29
Feb 5, 12, 19, 26
Mar 5

6:00 – 8:00 PM

Childminding included



**REGISTER
NOW**



**Chilliwack
School District**



CHWK
COMMUNITY SERVICES



3 PART SERIES

**REGISTER
NOW**



EMOTIONAL ADAPTABILITY

**WEDNESDAYS
JANUARY
15, 22, 29**

When we mix our emotions with experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our 6 big emotions; Joy, Fear, Sadness, Anger, Shame, and Curiosity.

**Chilliwack Senior Secondary CSS - Neighborhood Learning Centre NLC
46361 Yale Rd, Chilliwack**

9:30 - 11:30 AM

CHILDMINDING INCLUDED



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