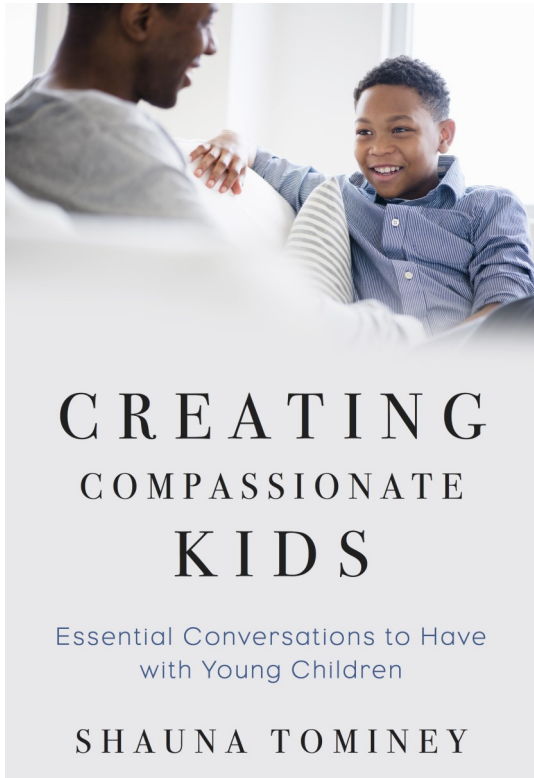




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Creating Compassionate Kids: Managing the Ups and Downs of our Emotional Lives



A Parenting Workshop with author Shauna Tominey

From happy to sad, loved to frustrated, excited to discouraged—the emotions children (and adults) experience day-to-day matter! Our emotions impact our ability to build positive relationships with others, to manage our behaviors and make good choices, to pay attention and learn, and to be the parents we want to be. Join Shauna Tominey (author of “Creating Compassionate Kids: Essential Conversations to Have With Young Children”) for this hands-on workshop to learn tools and strategies to help your children practice emotional intelligence at home, school, and in the community. Books available for sale from Grass Roots Books & Music. **Childcare provided by Linn-Benton Community College childcare staff.**



CBCPL Main
Meeting Room

SATURDAY, April 6
2:00—3:00 PM



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