

Kids' Klub

Giving kids the opportunity to learn, identify self-awareness and develop resiliency!



A support group for children 7 – 12 years of age who are or have been affected by a family member's use of alcohol, other drugs, and gambling, and/or mental health problems

Topics for this eight session group program include:

- **Addiction and Mental Illness**
- **Feelings and Emotions**
- **Defense Mechanisms**
- **Family Violence & Abuse**
- **Roles and Relationships**
- **Risks and Choices**
- **Problem Solving**
- **Self-concept & Personal Strengths**

When:

March 19 to May 7,
2019 on Tuesdays
from 3:30 – 5:00 PM

Where:

Nordic Court
#400, 10014 99 St

To Learn More or to Register:

Please contact Child & Youth Addiction and Mental Health Services

(780) 538-5162

****Program is free of charge****