**FEELINGS LAB**

Feelings Lab is a one-time workshop intended for children that would benefit from increased awareness of emotions, how to regulate emotions, and how to communicate emotions in a calm and effective way. Feelings Lab will incorporate play and movement to teach self-regulation skills and will be facilitated by two licensed therapists.

**WHO: Children ages 6 – 9**

**WHEN: Saturday, April 9, 2022 9:30 – 11:30 a.m.**

**WHERE: The Center for Christian Counseling, Consultation and Training, Inc.**

**4868 High Crossing Blvd. Madison, WI 53704**

**COST: $100 per child**

**Facilitated by: Tiffany Raley, LPC, NCC and Dani Ebben, LCSW, SAC**

*To register for this seminar email* [*christiancounselingmadisonwi@gmail.com*](mailto:christiancounselingmadisonwi@gmail.com)

*or fax (274-8783) the registration form below.*

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**Feelings Lab**

Name: (parent) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: (child) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (cell) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (home)

Food allergies or food concerns (*a light snack will be provided*) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Center for Christian Counseling, Consultation and Training, Inc.

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