



Crying Meltdowns Tantrums

Oh, My!

Tuesday

September 26, 2017

12 - 1 pm

Register by September 19, 2017

**An interactive workshop
designed to help
identify & express
appropriate emotions
& behaviors in an
acceptable manner**

Location:

**Lopez School
140 St. John Avenue
Biloxi, MS 39530**

Contact: Susan Hunt

228.297.6808

Susan.hunt@biloxischools.net

LEARN: How to identify emotions effectively

UNDERSTAND: Reasons behind emotions & how to address them positively

PRACTICE: Ways to calm & avoid conflicts & meltdowns while reducing stress

Childcare & Lunch Provided

**Sponsored by: Biloxi Public Schools,
City of Biloxi, Biloxi Excel by 5 & FOCUS**

F*O*C*U*S
www.focusproject.org

The FOCUS Program • FOCUS (Families OverComing Under Stress) is a resilience-building program of the Department of Defense. The FOCUS program is designed for military families, couples and children facing ongoing stress and change. FOCUS promotes family strengths and supports adults and children to help manage the challenges of military life.