



Children's  
Cottage  
Society

**FREE!**

# Friends Group

## FREE Social-Emotional Skills (Grades 4-6)

Kids learn to:

- Build and maintain friendships
- Challenge unhelpful thinking
- Communicate clearly
- Cope with stress and anxiety
- Handle bullying and conflict
- Build confidence and self-esteem

**Children's Cottage Society**

1804 Home Road NW

**Fridays | Jan. 23rd - Mar. 20th, 2026**

2:00pm-3:30pm

**Scan to Claim  
your FREE Spot**

