

# A High EQ Teen - ways to help teens become the master of emotions!

The seminar can help you:

- (a) Gain skills on recognizing different emotions.
- (b) Deal with different emotions, especially anger, for a healthy living.



Presented by

## Jenny Fu

Licensed Marriage and Family Therapist

November 14, 2009

9:30 to 11:00AM



Huntington Middle School, Cafeteria

1700 Huntington Drive, San Marino, Ca 91108

Sponsored by  
San Marino Chinese School PTA