



Managing Powerful Emotions

**DBT Informed Skills Building Group
starting Thursday March 30, 2023**



- WHAT:** This 12-week group will help you to:
- Better tolerate and regulate your emotions
 - Identify and label your emotions
 - Understand the purpose of your emotions
 - Recognize what activates and intensifies your emotions
 - Understand the relationship between emotions and behaviour
- WHEN:** Thursdays from 10:00am—11:30am
March 30—June 15, 2023
- WHERE:** In Person at Belleville and Quinte West Community Health
Centre Unit 1—161 Bridge Street West, Belleville
And Online through Zoom

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **613-962-0000**

Please Note: Group programs may be cancelled with short notice due to COVID-19



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