



Managing Powerful Emotions

Online through Zoom

Tuesdays at 10:30 am—Begins Sept. 13 2022



- 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: Tuesdays from 10:30am—12:00 pm
September 13 - November 29, 2022

WHERE: Online through Zoom
Details will be sent to your email so you can join the sessions

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **613-962-0000** or **613-965-0698**

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



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