



Managing Powerful Emotions

Online through Zoom
Thursdays at 10:00 am—Begins Sept. 15 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:** Thursdays from 10:00am—11:30 am
September 15 - December 1, 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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