



Managing Powerful Emotions

Managing Powerful Emotions is a 12-week (90-minute), skill-building group offered to individuals who have significant challenges with tolerating their distress and regulating emotions and behaviour. Participants will learn strategies and skills to tolerate intense emotions, examine destructive behaviour, identify and label emotions, and understand the connection between emotions and behaviour. **This group is offered virtually to individuals in KFL&A.**

(Wednesdays) Sept. 23 - Dec. 9

1:30 to 3:00 PM

Contact us today!

socialwork@kchc.ca