

Virtual

Emotion Regulation Workshop

Cultivate an overall positive outlook when managing emotions throughout life.



About This Group

This workshop is for individuals who are experiencing difficulty in managing difficult emotions. In this introductory workshop, Individuals will explore: the meaning and functions of emotions and their influence on various behaviours and patterns of thinking.

Sunday
March 24, 2024
10am-3pm

45 Minute break
for Lunch

Location:
VIRTUAL

Cost: Free Thanks
to Funding from
the Wellness
Network

Register Now: www.momentumcounselling.org

