

***Managing Powerful Emotions Group
Offered by Mental Health Services-HPE***

When? *February 2nd - April 6th, 2010
Tuesdays from 1:30-3:30pm for 10 weeks*

Where? *Mental Health Services office
3 Applewood Drive, Belleville (2nd Floor)
Parking available*

Referrals from all sources welcome

Please note: this is a skills building group, not a support group. Due to the emotional nature of the material, it is **mandatory that every participant be currently involved in counselling or receiving support from a community provider.*

Material covered includes:

Mindfulness

Understanding emotions and the purpose they serve

Reducing vulnerability to problem causing emotions

Increasing positive emotions

Cognitive Distortions

Empathy

*For more information or to register, please contact
Valerie DeJong at 613-967-4734*