

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

When? *October 1st - December 17th, 2009
Thursdays from 11:00 a.m. – 1:00 p.m.*

Where? *Mental Health Services office
33 Flint Avenue, Bancroft*

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
June Slater or Laurie Hall
at 613-332-3826*