

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

***When?*** September 22nd-December 8<sup>th</sup>, 2009  
Tuesdays from 2:00-3:30pm

***Where?*** 3 Doors Down  
7 Paul Street (at the rear)  
Picton, Ontario

***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 Thorne or Jill Lush  
at 613-476-2990*