

Healthy Emotions Group for Students

Part 2: Emotion Regulation and Interpersonal Effectiveness - 4 Week Group

A virtual skill building group based on DBT skills. Learn techniques to cope more effectively with your emotions and behaviours.

WHEN AND WHERE?

Thursday March 17 9:30am-11:00am to Thursday April 7, 9:30am-11:00am

Sessions will take place online through Zoom.

*Availability to attend all 4 sessions is very important in order to get the full benefit of these sessions.

HOW?

If you have not been to Counselling within the last year, please book an intake via Counselling Student Portal and ask the Intake Counsellor about being referred to the group. If you have been to counselling, you can message your counsellor for more information.

COST:

FREE! There is absolutely no cost to participate in this program.

FACILITATORS:

COUNSELLORS: Doriann and Natasha

Doriann.shapiro@georgebrown.ca

Natasha.bowman@georgebrown.ca

PLEASE CONFIRM YOUR ATTENDANCE VIA EMAIL