

“I don’t want to be at the mercy of my emotions, I want to use them, to enjoy them and to dominate them!” ~ Oscar Wilde



Are you someone who

- experiences emotions very intensely
- tends to be more sensitive to situations than other people you know
- finds it difficult to calm down after something unpleasant happens
- feels misunderstood when people tell you that you are ‘too sensitive’ or that you ‘always overreact’ to things

Learn to Manage Your Emotions

Wednesdays, 1:30 pm – 3:20 pm

We will meet for 10 weeks via ZOOM

October 7 – December 9

Our weekly group will teach you how to effectively manage your emotions and lead a healthier and happier life.

For more info or to register for the group, e-mail:
andrew.poulos@humber.ca

Presented by Humber Student Wellness and Accessibility (SWAC)