

“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

*This 11 week group will meet via ZOOM
with start dates in late September, late January, and early May*

Each week, we will introduce a different skill for you to practice. The intended outcome; by implementing these skills to manage your emotions, you will lead a healthier and happier life.

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

Offered by Humber Student Wellness and Accessibility (SWAC)