



# Managing Emotions

## LEARN TO MAINTAIN CONTROL

- *Emotions*
- *Thoughts*
- *Situations*

### SIX WEEK GROUP

SIMCOE: TUESDAY'S MARCH 19- APRIL 23 (3-5PM OR 6-8PM)

OR

TOWNSEND: THURSDAY'S MARCH 21- APRIL 25 (10AM-12PM)

REGISTER BY MARCH 8

TRANSPORTATION AVAILABLE IN BOTH HALDIMAND AND NORFOLK

FOR MORE INFORMATION OR TO REGISTER CALL

519-587-4658 X 2150

(MONDAY THROUGH FRIDAY)



CAMHS

