

# Providence Care



ANGRY



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## Managing Powerful Emotions Group

A skills training group intended to help you better tolerate and regulate your emotions.

It is designed to help you:

- ◆ identify and label your emotions
- ◆ understand the purpose of your emotions
- ◆ recognize what activates and intensifies your emotions
- ◆ understand the relationship between emotions and behaviour

This group is not an interactive support group and is not a substitute for individual therapy.



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## The Managing Powerful Emotions Group

- ◆ Will seem similar to a course or seminar.
- ◆ Is open to both women and men.
- ◆ Consists of 10 sessions (two hours once a week).
- ◆ Will be most beneficial to participants if all 10 sessions are attended.

Participants are expected to attend regularly and complete weekly home assignments.

*If a participant misses more than three sessions they will be asked to leave the group and re-register at a later date.*

For information on the next start date and to register, please contact:

**Providence Care  
Personality Disorders Service**

**613-542-8344**

**Suite 300, 303 Bagot Street  
Kingston, ON K7K 5W7**