

# FREE EMOTION SKILLS GROUP



This group is for young people 13 - 24 years old to learn mindfulness, positive coping strategies for emotional stress and how to better communicate with others.

**This is for you if you would like to:**

- Learn practical skills from DBT teachings
- Become better at regulating emotions
- Learn what to do when feeling stressed and overwhelmed
- Do some pilates
- Learn about meditation, Qi Gong and tapping

**Location:** Project Youth Miranda– 91a Kiora Rd, Miranda

**When:** Every Wednesday for 8 weeks (exact dates TBC)

**Time:** 4 - 5.30pm

**Contact Julie to find out more!**

**[support@projectyouth.org.au](mailto:support@projectyouth.org.au)**

**0409 812 609**

I don't know  
what happened  
- I just snapped

I feel empty  
& numb

EMOTIONAL  
REGULATION  
  
INTERPERSONAL  
SKILLS

MINDFULNESS  
DISTRESS  
TOLERANCE

