

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

0409 812 609

I don't know
what happened
- I just snapped

I feel empty
& numb

EMOTIONAL
REGULATION

INTERPERSONAL
SKILLS

MINDFULNESS
DISTRESS
TOLERANCE

