



MONDAY
AFTERNOONS

3:00 P.M. - 4:30 P.M.

EMOTIONS

- All adults welcome •
- Snacks & coffee provided •
- Registration upon arrival •
- Open weekly to new participants •

FREE & FACILITATED

Counselling Group

UNDERSTANDING EMOTIONS
Education & Support

- Identifying & expressing
- Causes and consequences
- Managing emotions
- Emotions in self and others
- Benefits of emotions

LOCATION

Family and Community Services
2nd Floor, 501 Festival Avenue, Sherwood Park

For more information call 780-464-4044
strathcona.ca/groups