



MANAGING DIFFICULT EMOTIONS FOR MEN

Learning about stress and emotions, respectful communication for resolving conflicts, and techniques for self care in a Safe and Confidential space.

Facilitator: BC Registered Clinical Counsellor

Group 1

Dates: June 9, 16, 23, 30; July 7, 14

Location: Zoom online

Day & Time: Tuesday, 6:30–8:00 PM

Group 2

Dates: August 1, 8, 15, 22, 29 and
September 5

Location: 5575 Boundary Road, Vancouver

Day & Time: Saturday, 11:00 AM–12:30 PM



Participants who attend all 6 sessions will receive a **gift card**.



Letter of completion is available upon request.



Language: English. Language support available upon request.



Ministry of
Public Safety and
Solicitor General

