



# 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:** From August 22 - September 26, 2026

**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  
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**Inquiry/Registration:** [ehrp@mosaicbc.org](mailto:ehrp@mosaicbc.org) | Phone: 236-466-3619

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