Managing Powerful Emotions
Fall 2019

Wednesdays
3:30pm-5:00pm
JDUC room 135

WELLNESS GROUPS

One-time and multi-session groups for students, led by professional healthcare providers.

*Closed group.

To register:
queensu.ca/studentwellness

- Learn why you may not be managing your emotions and your life as well as you would like.
- Learn to describe and understand the function of your emotions.
- Learn mindfulness as a tool to manage your thoughts and emotions.