



MENTAL HEALTH

COPING WITH YOUR EMOTIONS



NOV 25/2025

- * This program is for newcomers with Permanent Resident status
 - * Learn skills to help you with your emotions
 - * Control your thoughts
 - * Understand mental health symptoms
 - * Learn how our actions affect others
 - * Light snack provided
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Learn how to cope when you feel down

Wednesday: 5:30pm-7:30pm

Location: 584 Pembina Hwy Room 206
and online via Zoom

Level: For all levels of English speakers

Cost: Free

REGISTER TODAY!

When registering, tell us if you need childcare, a bus ticket or an interpreter.

Email: rregistercsp@familydynamics.ca

Phone: 431-334-5607

More workshops at familydynamics.ca



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