

EMOTIONAL FIRST AID

Do you experience intense emotions (anxiety, sadness, anger, etc.)?

Do they interfere with your daily life?

Do they sometimes feel out of control?

Would you like to learn more coping skills to better manage your emotions?



PLEASE NOTE THIS GROUP IS OPEN TO PATIENTS OF CFFM, NEW VISION FAMILY HEALTH TEAM, KW 4, AND TWO RIVERS FAMILY HEALTH TEAM



**A 4-WEEK
EDUCATIONAL AND
SUPPORT PROGRAM:
TUESDAY NOVEMBER
2, 9, 16, 23
1:00PM - 2:30PM**

**TO REGISTER PLEASE GO
TO
WWW.TWORIVERSFHT.CA
OUR SERVICES TAB
EVENTS/REGISTER**

OUR VIRTUAL WORKSHOPS
ARE RUN USING ZOOM
VIRTUAL PLATFORM.
PARTICIPANTS MUST HAVE
ACCESS TO A COMPUTER,
TABLET OR SMART PHONE
AND THE INTERNET TO
PARTICIPATE.

**Facilitated by
Anna Wiebe, MSW, RSW**