

Seeing Red.

Introduction to managing challenging emotions

Adults who struggle with managing their challenging emotions

Strong emotions are natural and are felt by everyone. Learn to recognise, and listen to your feelings, as well as the feelings of those around you. In a supportive group setting, learn to express these feelings in an assertive way and how to enhance your relationships through respectful, positive communication.

What will I learn?

- Identify, acknowledge and process your emotions and how to plan an appropriate response for managing them in the future
- Understand empathy and how it can help you manage challenging emotions
- Develop skills in communication, conflict resolution and assertiveness

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

For more information or to make a booking

intakeservice@catholiccare.dow.org.au
(02) 4254 9395

catholiccare.dow.org.au

catholiccare

**Always
connected.**

