



EMOTION REGULATION CLASS

BEGINNING NOVEMBER 2ND

Do you or someone you know struggle with managing emotions? Some people are born with a higher propensity of experiencing their emotions more intensely than others & our environments are often demanding, stressful, and invalidating. Being able to regulate your emotions will allow you to be in charge of your emotions rather than your emotions dictating your life.

This 9-week Emotion Regulation class will provide skills taught in Dialectical Behavioral Therapy that you can put into practice right away. Lessons will include, how to name and understand your emotions, decrease the frequency of unwanted emotions, change unwanted emotions, decrease emotional vulnerability, increase resiliency, reduce emotional suffering and more.

**LEARN ABOUT
MANAGING
EMOTIONS**

**UNDERSTAND WHAT
EMOTIONS DO FOR
YOU**

**STOP UNWANTED
EMOTIONS**

**DECREASE
VULNERABILITY TO
EMOTION MIND**

**REDUCE EMOTIONAL
SUFFERING**

**THE CENTER FOR
HEALING AND
RECOVERY**

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Raytown, MO 64133

www.healingandrecoverykc.com

Starting 11/2/17 at 6PM
All classes are 75-90 minutes