

# Emotional Skills Group

This online skills group offers LGBTQ+ clients a space to learn and fine tune the necessary emotional skills needed for emotional health. The group helps with the ongoing development of stress management, emotional regulation skills, mindfulness and interpersonal effectiveness.

Each session of the group is built around a core emotional skill, with sessions building and integrating upon one another as the group progresses.

## Date & Time

Tuesdays | Aug. 25 – Oct. 13 | 2 – 3:30 p.m.

## How

Zoom meeting

## Fee

**\$10 per session.**

Sliding scale available. Please let us know when you register.

## Registration information

To register or for more information contact Family Service Toronto Service Access Unit

**416.595.9618**

**[sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)**



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