

Emotional Skills Group

This is an online skills group offering 2SLGBTQ+ clients a space to learn and practice the emotional skills needed for managing stress, regulating emotions and having healthier relationships. Each session centers a core emotional skill, with sessions building and integrating upon one another.

Participants have to be eligible for services through DKS; interested in learning tools to cope with emotional dysregulation; and able to commit to 5 out of 8 sessions

Date & Time

8 sessions, Wednesdays, 1 - 2:30 p.m.
Starting January 17, 2024

How

Zoom meeting

Fee

Sliding scale \$10 - \$105

Registration information

Pre-screening required. To register contact
Family Service Toronto Service Access Unit

416.595.9618

sau@familyservicetoronto.org



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