

HELP WITH Managing Emotions

Annapolis Valley Psychological Services is offering an 8-week therapy group, focused on helping people to better manage and process anxiety, depression, anger, stress, and cope with distressing life situations.

Group work will include:

- Goal Setting
- Relaxation Strategies
- Grounding Techniques
- Positive Self-talk
- Communication Skills
- Mindfulness
- Coping Skills
- Relapse Prevention

**Group will be in-person,
Wednesday evenings from 6–8 pm
when applicable**

A break with light refreshments will be provided.

Most private health insurance plans cover the cost of group therapy.

To Register

please contact us at:

902-690-7281 or admin@avps.ca

Location



Annapolis Valley
Psychological
Services Inc.

57 Webster Street
Suite 205 (Boardroom)
Kentville, N.S. B4N 1H6