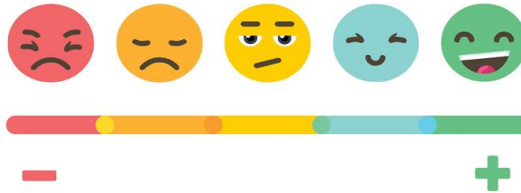


# EMOTIONS 101

## UNDERSTANDING AND MANAGING YOUR EMOTIONS



STA is pleased to offer an 8-week psychoeducational group to support adults with ASD to better identify and understand their emotions. Participants in this group will learn about emotions, discover patterns in their own emotional responses, and explore a variety of coping skills.

### Who is it for?

Adults with ASD ages 18 and up\* who:

- Can discuss their thoughts, emotions, and experiences
- Are located in the province of Alberta
- Have access to technology that supports video conferencing
- Can commit to attending all eight sessions

*\*Participants will be screened by a psychologist to ensure the group is a good fit*

### What will be covered?

- Introduction to emotions - why we have them and where they come from
- Strategies to increase awareness of your body sensations
- How to describe emotions in specific terms
- How to discover patterns in your emotional responses
- Strategies to cope with uncomfortable emotions
- How to choose and try out coping strategies that are the best fit for you

### Register or learn more

Email: [hykawyc@sta-ab.com](mailto:hykawyc@sta-ab.com)

Call: 403-258-5510

### When

**Thursdays**  
4:00 to 5:30  
pm

June 3, 2021  
to July 29,  
2021\*

*\*No session on  
July 1, 2021*

### Where

Held online via  
Zoom video-  
conferencing  
Sessions  
facilitated by a  
psychologist  
and an  
occupational  
therapist

### Cost

**\$20.00 per  
weekly  
session\***

**(\$160.00 total)**

*\*Payment can be  
made in monthly  
installments.*

Registration will  
be on a first-  
come, first-serve  
basis