



DATE	GROUP	SKILL
08-Jul-20	Support	
21-Jul-20	Skills	States of Mind (Wise Mind)
28-Jul-20	Skills	Perspective
04-Aug-20	Support	
11-Aug-20	Skills	Mindfulness
18-Aug-20	Support	
25-Aug-20	Skills	Empathy
01-Sep-20	Support	
08-Sep-20	Skills	Primary + Secondary Emotions
09-Sep-20	Mindfulness	
15-Sep-20	Support	
16-Sep-20	Mindfulness	
22-Sep-20	Skills	Dialectics
23-Sep-20	Mindfulness	
30-Sep-20	Mindfulness	
06-Oct-20	Support	
07-Oct-20	Mindfulness	
13-Oct-20	Skills	Validation
14-Oct-20	Mindfulness	
20-Oct-20	Support	
27-Oct-20	Skills	Acceptance

Contact Christine at [christine@emotionsbc.ca](mailto:christine@emotionsbc.ca) or 604-968-6448 for more information.

