

**EMOTIONS
HEALTH AND WELLNESS SOCIETY
OF BRITISH COLUMBIA**



Benefits of DBT-based Skills

- * Empowering
- * Increased coping strategies
- * Improves family connection and communication
- * Helps create more peace
- * Reduces conflict

Langley location offers separate Support Group + Skills Group. All other locations have a combined Support + Skills Group

MINDFULNESS PROGRAM

Six (6) week program (current dates online)

This is NOT a drop-in program and you must commit to all six sessions.

Benefits of Mindfulness

- * Reduces stress and anxiety
- * Improves well-being
- * Decreases reactivity
- * Improves physical and mental health

Visit our website for more information on this and our other programs



***Helping Families Thrive -
Building Connection***

Support Groups, Mindfulness Programs, and DBT-based Skills Groups to help you cope with the challenges you and your loved ones are facing, decreasing isolation, and increasing wellness for the whole family

For families or caregivers with loved ones who are struggling with any mental health challenge that makes it difficult for them to regulate emotions and maintain relationships

OUR MISSION

Through the delivery of wellness programs and support, EmotionsBC provides families and caregivers of loved ones with mental health challenges with actionable skills and community connection that is proven to reduce suffering, build hope and transform relationships.

We do this by providing information, resources, skills and ongoing support.

SUPPORTS

- * Support Groups
- * DBT-based Skills Groups
- * Mindfulness Programs
- * Combined Support+ Skills Group



Who can participate in our programs?

If you are a family member, friend or caregiver of someone who struggles with managing their emotions or has mental health challenges, our programs are for you.

LOCATIONS

Langley, New West, Tri-Cities

Stepping Stones

20101 Michaud Crescent
Langley, BC

Family Place

93 Sixth St
New Westminster, BC

New View Society

2050 Mary Hill Road
Port Coquitlam, BC

More coming soon

OUR PROGRAMS

SUPPORT GROUPS

What you'll find at our support groups

- * Facilitators with lived experience
- * Community of people who "get it"
- * An opportunity to share your story with others, share coping strategies and gain knowledge
- * Environment that is safe, accepting, non-judgmental and validating

Drop-in

No Registration Required

Check out our website for more information: www.emotionsbc.ca

*Our wellness is important,
so we strive to achieve this -
together*