Managing Emotions

Practical skills for everyday life

A supportive, practice-based group to help you understand your emotions and build practical skills to manage everyday challenges and difficult feelings.

Understand your emotions

Build coping skills

Respond rather than react

Wednesdays
1–3pm
13th, 20th and 27th
January 2027

Chanctonbury Leisure Centre

Small group

Relaxed, practice-based

Open to adults 18+

For those currently not accessing any other support for their mental health

Facilitated by:

Maria Gladych – Mental Health Practtioner
Maryam Zeraatkar – Mental Health Recovery Worker

For a referral to the group, please speak to your GP.