

# 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  
Start Date TBD, based on demand**

*A break with light refreshments will be provided.*

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

## To Register

please contact Deb, our Practice Manager:  
902-690-7281 or [admin@avps.ca](mailto:admin@avps.ca)

## Location



Annapolis Valley  
**Psychological**  
Services Inc.

57 Webster Street  
Suite 212 (Boardroom)  
Kentville, N.S. B4N 1H6