



Compass
RECOVERY COLLEGE



Reading
Borough Council
Working better with you

Managing Emotions

Emotions and how we express them can impact on many areas of our lives such as work, relationships, and our self-identity.

In this workshop we will look at:

- Why we have emotions
- Why it can be hard to understand and manage our feelings
- Skills to help us manage feelings of distress and overwhelming emotions

Friday 24th Nov & 1st Dec
2:00pm till 3:30pm
2 Sessions Online

Free to join, Enrol with us



[Compassrecoverycollege.uk](https://compassrecoverycollege.uk)
Compass.opportunities@reading.gov.uk
0118 937 3945

