

Programs

Emotions Management is a 4-week (2.5 hour) psychoeducational group that examines anger, stress, violence & healthy communication.

Emotions Management in Relationships is a 4-week (2.5 hour) psychoeducational group that works with men who have used or at risk of using violence in intimate relationships. Both programs focus on:

- Mindfulness & grounding techniques
- Managing & understanding emotions
- Gaining peace of mind
- Building self-awareness & confidence

Services

Services are provided in group settings and/or on a one-to-one basis. Group sessions are on weekends and individual counselling in the evening. Please contact us for individual and group rates.

* We also provide services in Punjabi.

EMOTIONS MANAGEMENT COUNSELLING

Change Your Thoughts Change Your Life

Facilitated by:

Jas Hundal (BSW, MSW, RSW)

Devinder Dhaliwal (BSW, MSW, RSW)



*Registered with the BC College of Social Workers and

BC Association of Social Workers

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Change will not
come if we wait for
some other person or
some other time.
We are the ones we've
been waiting for.
We are the change
that we seek.

Barack Obama



CONTACT US:

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