

Wellbeing

SKILLS HUB (Secondary)

Module 1: Mindfulness

Welcome to group and introduction to different types of mindfulness

Module 2: Distress Tolerance

Learn different strategies to improve distress tolerance and make a distress tolerance resource box

Module 3: Emotional Regulation

Learn skills to regulate emotions and create an acrylic drip art canvas

Module 4: Effective Communication

Enhance your communication skills to better get your needs met.



Want more info? Get in touch at
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