

Teen Emotion Regulation Skills Group

Join us for an 8-week skills group for teens who want to better understand and manage their emotions. Learn practical, evidence-based skills to:

- Notice your emotions
- Handle difficult feelings without making it worse
- Regulate strong emotions
- Navigate challenging situations and relationships



A supportive, interactive space to learn, practice, and build skills that you can use in everyday life.

**Teens ages 14-18. All genders.
8 spots available!**

Program led by Dr. Amanda Kerry, Clinical Psychologist, with support of Psychology Graduate Students

WHEN:

Mondays 3:30-5:00pm

October 26, 2026 to
December 14, 2026

8 in-person sessions



WHERE:

Mary J. Wright Child and Youth Development Clinic

(Faculty of Education;
Althouse College)

**1137 Western Road,
London, ON, N6G 1G7**

COST:

**\$250 for the full 8
Week Program**

Financial assistance is
available for families



Complimentary parking is available directly in front of the Mary J. Wright Child and Youth Development Clinic.

REGISTER & LEARN MORE:

Register at www.mjw-cydc.uwo.ca

You can also email or call **Daniel Gibson** at:
cydc@uwo.ca **(519-661-4257)**