



DON'T LET MY EMOTION RUN MY LIFE!

Led by Dr. Esther Wong, Clinical Psychologist

AGE GROUP : 14 – 17
JUNE 24 – JULY 19

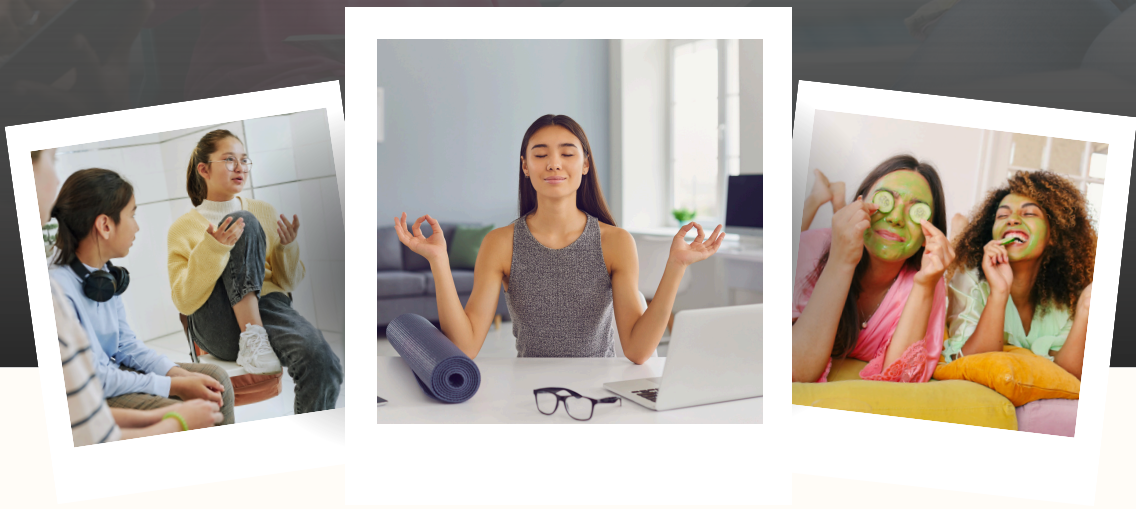
Wednesdays: 2 PM – 4 PM
Saturdays: 10 AM – 12 NN

G/F 5A Chancery Lane, Central

HKD 800
per
lesson



Are you tired of feeling overwhelmed, controlled, or lost in the whirlwind of your own emotions?
It's time to reclaim your power and discover the keys to emotional mastery.



Join our dedicated team of experts in our dynamic “Don't let your emotion run your life “ group. By learning the dialectical behavior therapy skills, embark on a life-changing journey towards emotional well-being and resilience.



Together, Dr Esther Wong, clinical psychologist who is armed with a decade of experience working with teens in the international school, will equip you with invaluable skills, tools, and strategies to navigate the complexities of strong emotions with confidence and grace.

**Don't let your emotions hold you back any longer.
Take control, embrace growth, and unlock your true potential.
It's time to thrive!**

Interactive activities for the sessions:

- Emotion Wheel
- Role-Playing Scenarios
- Guided Mindfulness Exercises
- Group Discussions
- Deep Breathing Exercises
- Grounding Techniques
- Self-Soothing Activities
- Distraction Techniques

