



Living Well
North Tyneside
Supporting Health and Wellbeing

The Decider Mental Health Skills: Emotional Regulation



Date: 1st November 2023 Repeats every 0 months



Venue: Oxford Centre,



Time: 1:00pm - 3:00pm



Cost: No Cost

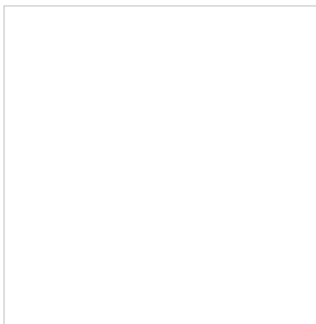


Type: Face to Face

Positive, fun, easy to learn and winning strategies for mental health informed by CBT and DBT skills. This session will help to recognise, manage and change difficult emotions by choosing to think and act differently.



Training for carers | mental health | CBT skills | DBT health



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Oxford Centre,
West Farm Avenue,
Longbenton



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