



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**



# Emotional Regulation Group

## Robin Winkler Clinic

**Learn to regulate your emotions.**

**Emotions are a wonderful thing but sometimes are difficult to regulate.**

**They can emerge unexpectedly or can become overwhelming.**

**Difficulties with emotional regulation can lead to psychological difficulties such as anxiety and depression, or issues in relationships and work.**

The Emotional Regulation Group Program is **an eight-week program for adults** offered at the Robin Winkler Clinic, designed to help participants improve their mental health and overall wellbeing by taking the upper hand of the experience of emotions.

This program is suitable for adults who are interested in:

- Understanding what emotions are and why they emerge in certain situations
- Learning to practise evidence-based techniques and strategies
- Seeking to enhance their mental health and wellbeing

While many of us are taught how to care for our physical health, guidance on maintaining mental health is often overlooked. This group program aims to fill that gap.

The group meets weekly for eight, 2-hour session.

Participants will learn practical skills to boost mental health, foster resilience, and support long-term wellbeing.

**Date:** Every Tuesday for eight weeks from Tuesday 23rd of July.

**Time:** 3pm - 5pm

**Cost:** Free\*

*\*No cost to attend as the program is being run as part of a university research project. You are required to attend a free initial appointment to check that the program is right for you.*

*UWA Human Research Ethics Approval 2022/ET000965*

**Scan the QR code to complete our expression of interest form.**



**Scan for more information**

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