

Roots Community Services presents

Emotions in Balance

Are you looking for a safe and supportive space to explore your emotions, build coping strategies and strengthen your relationships?

Emotions in Balance is a 10-week virtual program that is culturally-sensitive and trauma-informed, designed to help you understand, express, and manage your emotions in a healthy way.

UPCOMING COHORTS

October 8 to
December 10, 2026

January 14 to
March 18, 2027

You'll learn about:

-  Understanding and managing a range of emotions, from anger and frustration to sadness, fear and joy
-  Mindfulness and reflective practices that support healing
-  Emotional regulation tools and healthy relationship-building
-  Practical coping strategies for everyday life

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For more information, contact
905-455-6789 ext. 125 or intake@rootscs.org
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