



Napane Area Community Health Centre
Centre de santé communautaire de Napanee
www.kchc.ca

Napane Area CHC
6 Dundas St. E.
Napane ON K7R 1H6
Tel: 613.354.8937
Email: info@kchc.ca
Fax: 613.354.8940

Street Health Centre
235 Wellington St.
Kingston ON K7K 0B5
Tel: 613.549.1440
Email: info@kchc.ca
Fax: 613.549.7986

KCHC Main Site
263 Weller Ave.
Kingston ON K7K 2V4
Tel: 613.542.2949
Email: info@kchc.ca
Fax: 613.542.7657

Site principal des CSCK
263, av. Weller
Kingston ON K7K 2V4
Tél : 613.542.2949
Courriel : info@kchc.ca
Télé : 613.542.7657

A part of Kingston Community Health Centres (KCHC) ♦ Fait partie des Centres de santé communautaire de Kingston (CSCK)



MANAGING YOUR EMOTIONS

Managing Powerful Emotions Group is designed to help you:

- **Identify and label your emotions**
- **Understand the purpose of your emotions**
- **Recognize what activates and intensifies your emotions**
- **Understand the relationship between emotions and behaviour**

Where: Napanee Community Health Centre

When: March 27 to June 12, 2018 from 10-12 on Tuesdays

Register Contact: Rebecca Bates 613-354-8937 ex. 7161 or Medical Secretaries 613-354-8937