

# groups at headspace Greensborough

It can be tough to get a hold of your feelings when you don't understand where they come from.

headspace Greensborough has a rotating 4-week group to explore, learn and develop ways to better understand emotions.

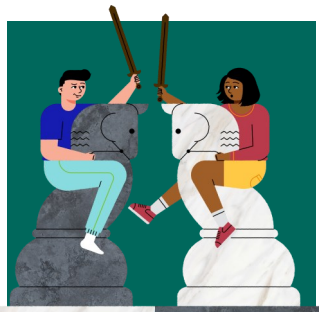
Interested in one or more of our groups? [Click here](#) or scan



## Exploring Emotions

Activities and tools to help you recognise, understand and accept your emotions.

**28 July & 25 August**



## Games

Come and play a variety of games that can improve self-regulation and promote social connection!

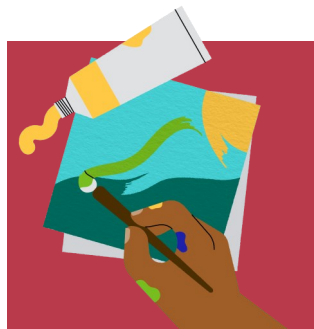
**4 August & 1 September**



## Emotion Grounding

Take part in grounding activities that will support you to manage emotional challenges.

**11 August & 8 September**



## Art

Art therapy allows you to explore and express your emotions in a creative way—no experience needed!

**18 August & 15 September**