



Understand “big feelings”

Feel less overwhelmed

Manage distress

THE KIDMAN CENTRE UTS

Free ‘Taking Charge’ workshop for teenagers: Understanding and managing “big feelings” using dialectical behaviour therapy (DBT) skills

Do you sometimes find yourself experiencing “big feelings”?

Do these feelings overwhelm you at times, or cause distress or interfere with your day-to-day functioning?

If so, The Kidman Centre UTS can help you to understand these feelings, and provide you with some practical, evidence-based skills for managing them when they surface.

We are offering a FREE one-hour workshop presented by one of our experienced psychologists.

The workshop will be held at The Kidman Centre’s Randwick premises from 4:30pm to 5:30pm on Monday, 16 March 2020.

The workshop will focus on practical, evidence-based strategies and cover the following topics:

- How to get wise about “big feelings”
- What are dialectical behaviour therapy (DBT) skills?
- Using DBT skills such as mindfulness and acceptance to manage distress and emotions
- Developing good coping strategies

Bookings are essential as numbers are limited. See the blue panel for workshop details and booking link.

The Kidman Centre UTS is a non-profit organisation dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25, so that they can thrive through their formative years.



Workshop and Booking Details

When

4:30pm to 5:30pm on Monday, 16 March 2020

What

1-hour workshop for teenagers/ young people

Where

The Kidman Centre UTS, based at the Prince of Wales Hospital in Randwick Parkes Building, Level 10 East High Street entrance, Randwick ([Video](#) on how to find us)

Who

Presented by one of The Kidman Centre’s experienced psychologists

Bookings essential

Phone: (02) 9514 4077 or Email: kidmancentre@uts.edu.au or via Eventbrite: <https://www.eventbrite.com.au/e/taking-charge-for-teens-understanding-and-managing-big-feelings-using-dbt-techniques-tickets-81642521981>

www.tkc.uts.edu.au