

FLEX YOUR EMOTIONS

Are you between the **ages of 12 to 17** and **fluent in English**?
Help UofG researchers find the best ways to support youth in developing
emotion skills by giving your feedback on an emotion program!

Here's how you can help:



What? Try the **2-hour Flex Your Emotion in-person program** and fill out **online surveys**. Some youth will be invited to participate in a **30-min interview**.



Where? The **Grove Youth Wellness Hubs**
UoG and Woolwich in Guelph



When? The **second Tuesday at UoG** and
third Tuesday at Woolwich each month
at **4-6pm** from **Oct 2024- Aug 2025**.
Join when it fits your schedule!



Why? Your voice matters, and you will
help us develop emotion-focused tools
that are **by youth, for youth!**



You will receive **up to \$25 in gift
cards for participating!**



CONTACT US!



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