



EMOTIONAL REGULATION WORKSHOP

A supportive space to better understand emotions, triggers, and how the body responds to stress. Participants will learn simple grounding and coping tools to help manage anxiety, emotional overwhelm, and trauma responses, while building self-awareness and emotional balance.

About the Facilitator

Kim Colgate has over 20 years of experience supporting people through personal growth and life transitions. She is a life coach and a mental health and addictions counsellor whose work is grounded in holistic, trauma-informed care. Kim founded Whole Pathway Wellness to offer safe, supportive spaces that meet people where they're at.



February 25



10 AM – 3 PM



XFN Gym

LUNCH WILL BE PROVIDED



**Courtney at wellness.worker@xatsull.com
or call 250-989-2355 ext 132**