Do you feel like you are struggling to build a life worth living?

Have trouble maintaining relationships?

Do your emotions get you in trouble?

Are you unable to tolerate distress?

**CARE Group:**

**Coping and Regulating Emotions**

The Coping and Regulating Emotions group (CARE) may be the right fit for you! This group will help you learn skills to better manage distress, be more mindful of your reactions and live in the current moment. We will also learn about emotions, healthy emotional expression, and impulse control. You will also learn more about how to get your needs met in relationships and maintain healthy, respectful relationships.

**Tuesdays**

1:00-2:30 pm

Courtney Chambless, Ph.D.

Start Date: TBA

For more information on this and other groups offered during the semester, come by our office and make an appointment for a consultation with the group leader.

Counseling and Wellness Center
Room 430, Student Services Center
898-6345