Wise Minds

Do you often feel like you are not in control of your emotions? Do you have difficulty tolerating stressful situations? Do you rely on ineffective coping strategies that sometimes worsen situations?

If so, The Wise Minds group might be the right fit for you! This group is dedicated to teaching skills to help you tolerate upsetting situations, feel more in control of your emotions, and how to get your needs met in relationships.

Counseling and Wellness Center
Student Services Center
Room 430
530-898-6345

Group Leader:
Courtney Chambless, PhD
Do you often feel like you are not in control of your emotions? Do you have difficulty tolerating stressful situations? Do you rely on ineffective coping strategies that sometimes worsen situations?

If so, The Wise Minds group might be the right fit for you! This group is dedicated to teaching skills to help you tolerate upsetting situations, feel more in control of your emotions, and how to get your needs met in relationships.

Fridays
1:00pm-2:30pm
Start Date: TBA

Group Leader:
Courtney Chambless, PhD

Counseling and Wellness Center
Student Services Center
Room 430
530-898-6345
Do you often feel like you are not in control of your emotions? Do you have difficulty tolerating stressful situations? Do you rely on ineffective coping strategies that sometimes worsen situations?

If so, The Wise Minds group might be the right fit for you! This group is dedicated to teaching skills to help you tolerate upsetting situations, feel more in control of your emotions, and how to get your needs met in relationships.

Fridays
1:00pm-2:30pm
Start Date: TBA

Group Leader:
Courtney Chambless, PhD

Counseling and Wellness Center
Student Services Center
Room 430
530-898-6345
Do you often feel like you are not in control of your emotions? Do you have difficulty tolerating stressful situations? Do you rely on ineffective coping strategies that sometimes worsen situations?

If so, The Wise Minds group might be the right fit for you! This group is dedicated to teaching skills to help you tolerate upsetting situations, feel more in control of your emotions, and how to get your needs met in relationships.

Fridays
1:00pm-2:30pm
Start Date: TBA

Group Leader:
Courtney Chambless, PhD

Counseling and Wellness Center
Student Services Center
Room 430
530-898-6345