

MANAGE YOUR MOODS

A Bipolar Support Group



FALL SEMESTER 2009

**Fridays
11:00 AM-12:30 PM**

Lana McKnight, Ph.D.

Beginning date: TBA

Provided as a free service to regularly enrolled students at CSU, Chico

For more information on this and other groups being offered during the spring 2009 semester, come by our office and make an appointment for a group interview with the group leader.

**Student Services Center
Room 430**

530-898-6345

www.csuchico.edu/counseling

Managing Your Moods

Do you have difficulty managing major mood swings? This is a group for students diagnosed with Bipolar Disorder. Though Bipolar Disorder is primarily biological, there are many personal strategies that will help students succeed in the college environment.

We will talk about managing moods, dealing with meds, self-soothing, anger management, sleep issues, impulse control, and how bipolar disorder may impact relationships, as well as other topics of interest. Contact the group leader for further information.

**LIFE DOESN'T HAVE TO BE AN EMOTIONAL
ROLLER-COASTER RIDE!**

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