

MANAGE YOUR MOODS

A Bipolar Support Group

Fall
Semester
2008

Fridays
11:00 AM-12:30 PM

Lana Burris, Ph.D.
Stephanie Chervinko, 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 Fall 2008
semester, come by our office
and make an appointment for
a group interview with the
group leaders.

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!

Psychological Counseling and Wellness Center
CALIFORNIA STATE UNIVERSITY, CHICO

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