When Feelings Come Crashing:

- Overwhelmed, angry, upset? Are your feelings very intense?
  - Join others to develop new skills
  - Manage intense reactions
  - Navigate challenging situations

*Skills group held at Counseling and Psychological Services*
400 Patroon Creek Blvd. Suite 104 (shuttle available)
Wednesdays 3:15—4:30 PM
For more information please contact:
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