



DON'T LET YOUR EMOTIONS RUN YOUR LIFE!

COPING SKILLS GROUP

MONDAY'S @ 2:30 – 4:00PM

STARTING JANUARY 25TH 2021

AN 8-WEEK GROUP THERAPY PROGRAM FOR AGES 13 - 16

MEETINGS WILL TAKE PLACE VIA ZOOM

FACILITATORS: TONYA BENNETT & FLORA PAPADIMITRIOU

In this group you will learn how to:

- Stay calm and mindful in difficult situations
- To learn how to effectively manage out of control emotions
- To reduce pain of intense emotions
- To get along with family and friends
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REGISTRATION:

This group is virtual

Registration is free, but space is limited.

Please call Tonya @ (757) 965-8662 to register

Steven A. Cohen Military Family Clinic at The Up Center
828 Healthy Way, Suite 105, Virginia Beach, VA

