



Emotion Regulation

FREE 8 WEEK ONLINE COURSE
JANUARY 26TH - MARCH 16TH
FROM 5:30-7:30

Strengthen
Emotional
Regulation
skills

develop problem
solving techniques
that support you
when faced with
stressful
feelings/events/
situations

cultivate a
positive
outlook

Make self-
care a
priority

unpack
difficult
emotions



wellness
NETWORK



