

# Emotional Wellbeing Skills Group

Helping students understand and change interpersonal, emotional, behavioral, and cognitive patterns that can result in unhappiness and distress.

Benefits of participation may include:

- ◆ Heightened self-awareness
- ◆ Improved self-regulation skills
- ◆ Increased resiliency
- ◆ Enhanced social connectedness

Tuesday  
11am – 12:30pm  
Weeks 4–9



Registration required by September 28.  
For more information or to register contact  
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