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# MANAGING EMOTIONS

**AN 8 WEEK SKILLS-BASED GROUP**

DO YOU:

- STRUGGLE TO REGULATE YOUR EMOTIONS?
- TRY TO AVOID OR IGNORE YOUR PROBLEMS?
- HAVE A HARD TIME COPING WITH DIFFICULT THOUGHTS AND FEELINGS?
- FEEL OVERWHELMED BY YOUR EMOTIONS?
- ENGAGE IN UNHELPFUL PATTERNS OF BEHAVIOR?

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**JOIN US:  
FRIDAYS 11AM - 12:30 PM  
STUDENT HEALTH AND  
WELLNESS CENTER 8TH  
FLOOR**

**FOR MORE  
INFORMATION,  
CONTACT:  
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**STUDENT HEALTH  
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