

# Managing Emotions

(a Dialectical Behavior Therapy Group)

Thursdays, 4:30~5:45 p.m.  
at Cornell Health



## what to know

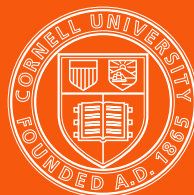
This group is open to undergraduate and graduate students who have a tendency to experience distress or strong emotions or changes in mood in daily life. The group will support you in:

- Regulating emotional distress and managing challenging emotions
- Increasing interpersonal effectiveness in your relationships
- Learning to treat yourself with compassion

## contact

To discuss joining the group (which begins 9/20/18) and/or receive additional information, please email the group facilitators:

- **Karin Belser, PhD**  
(kb683@cornell.edu)
- **Lavanya Devdas, PhD**  
(ld364@cornell.edu)



Learn more about group counseling at Cornell Health: [health.cornell.edu/GROUPS](http://health.cornell.edu/GROUPS)