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