

SAVE THE DATE

EKU PSYCHOLOGY CLINIC

SUMMER COPING SKILLS GROUP FOR HIGH SCHOOL STUDENTS WHO EXPERIENCE INTENSE EMOTIONS

WHAT WILL WE DO?

This group will teach students key skills in four areas:

- mindfulness,
- distress tolerance,
- emotion regulation,
- interpersonal effectiveness.

Group members learn the skills they need to communicate more effectively, have better relationships, feel more grounded, and increase positive emotions. This group also requires the completion of “homework” to ensure that group members understand the skills they are learning and can use them in their daily lives.



Meeting Time TBD

July 15th - August 12th

Please contact

marisa.busquets@eku.hush.com or
sharon.stalions@eku.hush.com or call the
Psychology Clinic at [859-622-2356](tel:859-622-2356) to
schedule an info session if you are interested.

