In this **eight week** psycho-educational workshop, you will:

- Gain a better understanding of the role of emotions
- Learn and practice skills and strategies to deal with powerful emotions and stressful situations
- Learn coping skills to use in your day to day life
- Use of therapeutic tools of mindfulness, CBT, DBT, and neuroscience models

**For:** HUHS patients with HUGHP insurance  
**When:** Mondays beginning August 3 – October 5, 2020 (No sessions August 17 and September 7)  
**Time:** 4:15 – 5:45  
**Where:** Virtual zoom sessions through Behavioral Health HUHS  
**Cost:** Your usual medical co-payment for each session and for screening

Facilitated by Michele Gaboury, LICSW

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For more information  
Call (617) 495-2323 to set up screening session