

Managing Emotions and Relationships Therapy Group

Program Includes:

1 Individual Intake Session

12 Weekly 90-Minute Group Meetings

Jamie Lesser, Psy.D. and

Jeanette Morgan, Psy.D.



THIS PROGRAM IS FOR ADULTS WHO WANT TO LEARN:

- How to communicate more effectively
- How to better manage their emotions
- How to be more interpersonally effective
- How to better tolerate distress

PARTICIPANTS WILL LEARN:

- How to utilize mindfulness to manage stress and difficult emotions
- To replace unhealthy coping strategies with those that are more positive
- To become effective in relationships and develop healthy boundaries with others
- Assertiveness techniques
- Techniques to reduce emotional vulnerability
- To better manage emotions and tolerate distress
- To create more meaningful relationships

**New groups are forming now.
To learn more, please call 949-222-2848**



**Anxiety & Depression
Center**
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