MANAGING EMOTIONS

Chillax 101: Anxiety Management
Learn practical strategies and techniques for managing panic and anxiety. You will learn relaxation exercises for calming the body, strategies for dealing with worry and anxiety-provoking thoughts, and work towards accepting and living peacefully with the present moment. And what would a class be without homework? If you’re considering this class, you already know that calming down is easier said than done. We’ll teach you how, but practice is essential. Each week there will be an assignment to practice one or more techniques.

DATE/TIME: WEDNESDAY 3:30 - 5:00 PM
FACILITATORS: DEB COHEN, PHD

Getting Unstuck for Depression
A 3 session series that focuses on understanding depressive symptoms and building the skills for managing them. Understand the experience of depression, explore how thoughts and behaviors impact you, and begin to make changes to your thoughts and behaviors in order to better manage depression. By the end of the workshop, you will have developed a personalized plan for getting unstuck!

DATE/TIME: TUESDAYS 10:30 AM - NOON
FACILITATORS: KELLY OZAMBELA, PHD & RICHA KHANNA, PHD

You Got This!
This 4 session series provides an opportunity to learn skills and strategies for reducing anxiety, stress, and distress. A variety of skills will be taught including mindfulness, managing thoughts and feelings, and being effective in relationships. Members often leave this group feeling less alone and with increased confidence about managing their lives, responsibilities, and relationships.

DATE/TIME: MON 3:30 - 5:00 PM, TUES 1 - 2:30 PM, WED 1 - 2:30 PM, FRI 10:30 - NOON
FACILITATORS: JULIE GARSON, PHD, KAREN TSUKADA, PHD, KIM ZAHM PHD, VANESSA FREEMAN, PHD, SHARON LEE, PHD, LEIGH ANN CARTER PSYD, KELSEY CHAMBERS, PSYD, ALLISON BANBURY M.ED, LPCMH, TAMAKI SILVER, MA

If you are interested in one of our groups, please come visit us at 261 Perkins Student Center or call 302-831-2141, and our counselors will provide you with more information.