

STUDENT HEALTH & COUNSELING PRESENTS:

EMOTIONAL TOOLBOX

A group to help students survive and thrive in LIFE



**MINDFULNESS - EMOTIONAL REGULATION
DISTRESS TOLERANCE - INTERPERSONAL
EFFECTIVENESS - WALKING THE MIDDLE PATH**

**STARTING FEBRUARY 13, 2019 AT 12:45 PM
IN OUR NEW WELLNESS ROOM IN SPELLMAN**

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