



Survival Skills for the Overwhelmed

FALL 2014

Feel like you don't know how to deal with your emotions?
Do you frequently and easily get overwhelmed?
Do you sweat the little things and cannot stop worrying?

Join other students seeking to better understand their emotions. Learn different skills to help you manage feeling overwhelmed, worried, sad, and at times, even lost.

4 - Session Workshop Schedule:
Wednesdays
12 - 1pm
Starts October 1

Have questions? Want to register?

Call: 617.373.2772, option #1 or **E-mail:** UHCS@neu.edu

Groups are held in the UHCS Conference Room, 135 Forsyth Building

Please note that groups are for Northeastern students only.

