



UMBC

RETRIEVER  
INTEGRATED  
HEALTH

Do your emotions get in the way of achieving your goals?

Do you have trouble getting motivated to do what you need to do?



Come learn some skills to help navigate these concerns with single sessions workshops on emotion regulation and distress tolerance.

**Tuesdays at 3-4:15pm**

Emotion Regulation 4/16 and 4/30

Distress Tolerance 4/23 and 5/7

**Center for Well-Being Room 217**



Please visit our website to view this event