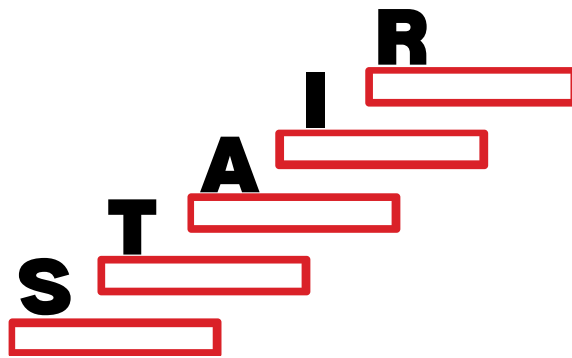


ARE YOUR EMOTIONS AND
RELATIONSHIPS FEELING HARD
TO MANAGE?

ARE YOU READY TO LEAVE
BEHIND OLD PATTERNS AND
DEVELOP NEW INTERPERSONAL
AND EMOTION MANAGEMENT
SKILLS?

Join Skills Training in the Application of Interpersonal Regulation (STAIR) In-Person Group



Fridays, 1:30 - 3PM
8 wks

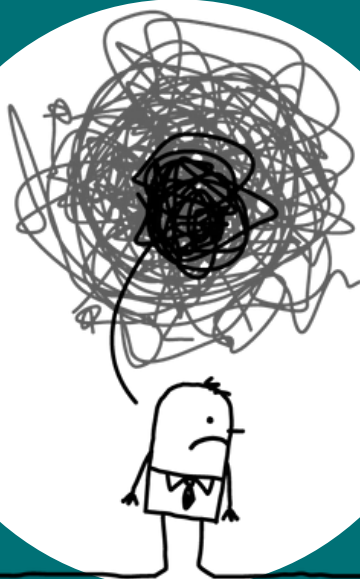
Starting February 9th

Tuesdays, 1:30 - 3PM
6wks

Starting March 5th

Tuesdays, 10 - 11:30AM
6wks

Starting April 2



TO LEARN MORE AND JOIN CALL (410)-455-
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PORTAL TO SCHEDULE YOUR INITIAL
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