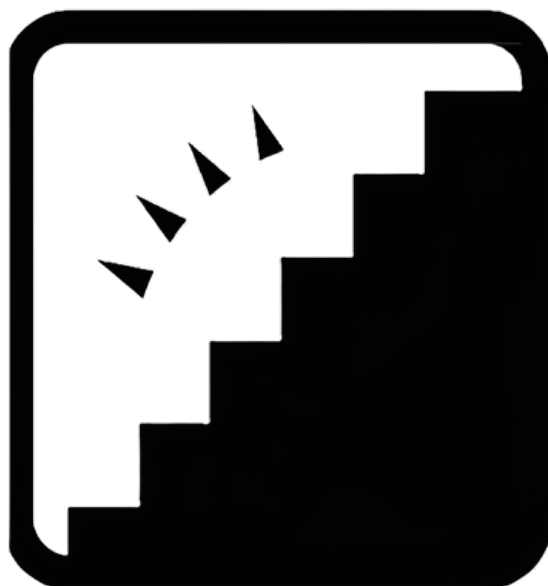


Are your emotions and relationships  
feeling hard to manage?

Are you ready to leave behind old  
patterns and develop new  
interpersonal and emotion  
management skills?

If so, consider joining RIH's...

## **Skills Training in the Application of Interpersonal Regulation (STAIR) Group**



**Tuesdays**

**1:30 - 3 p.m.**

Starting February 11

**Wednesdays**

**11 a.m. - 12:30 p.m.**

Starting March 5

**Fridays**

**1:30 - 3 p.m.**

Starting March 25

To learn more or join a group call (410)-455-  
2542 or visit your RetrieverCare portal to  
schedule your initial consultation  
appointment.



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RETRIEVER  
INTEGRATED  
HEALTH

All RIH services are LGBTQIA2S+ friendly and  
are welcoming to all diverse populations.