

# YOU'VE GOT THIS! & YOU'RE NOT ALONE.

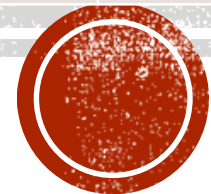
*You've got this! and you're not alone*

...is a 4-week group program.

- To learn evidence-based skills to reduce distress and build resiliency
- Designed to be concentrated and compact
- Based on mindfulness
- Either on Mondays or on Thursdays,
- 1:00 – 2:30 PM

Join\* this group to learn skillful ways of managing thoughts, feelings, and stress!

Schedule	October	November
Mindfulness	10/23	11/9
Thought as thought	10/30	11/16
Emotion regulation	11/6	11/30
Interpersonal effectiveness	11/13	12/7



\* Prior to joining this workshop, you need to take part in a pre-group meeting to discuss fit. To find out more information or to schedule your individual pre-group meeting, please contact the Counseling Center at 410-455-2472 or email Soonhee Lee, Ph.D. at [soonhee@umbc.edu](mailto:soonhee@umbc.edu).