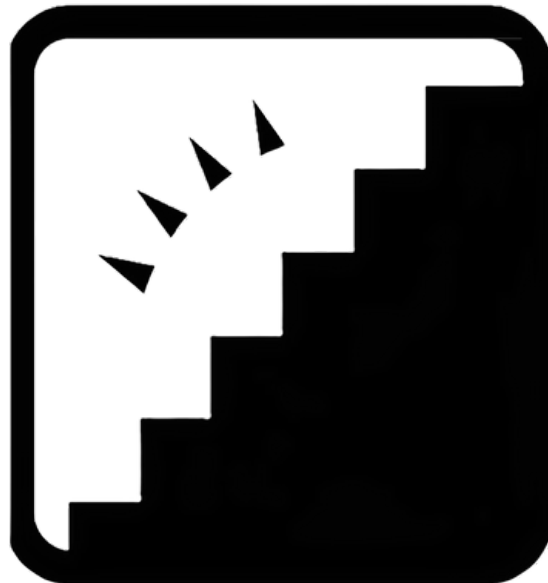


Are your emotions and relationships feeling hard to manage?

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.
8 weeks

Starting September 17

Fridays
1:30 - 3 p.m.
8 weeks

Starting October 4

Fridays
10 - 11:30 a.m.
6 weeks

Starting November 1

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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INTEGRATED
HEALTH

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