

# Emotion Regulation Training



*Learn To Regulate Your Emotions!*

**Thursdays: April 1 – May 6 2010, 6-8PM**

*Would you like to understand the emotions you experience?*

*Would you like to decrease your negative emotions and increase your positive emotions?*

*Would you like to learn to let go of painful emotions?*

**If you answered yes to any of these questions, then this class is for you!**

**Facilitators:** Rick Collins, Vonda Winkle, Sunny Vigos

**This class is the first in a series of three that will also include Distress Tolerance Training (Thursdays, May 27 – July 1) and Interpersonal Effectiveness Training (Thursdays, July 29 - September 2)**

**\*\*\* These classes are recommended for all GSM counselors, clients, and friends; young, old and in between☺ Bring a friend!!**

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