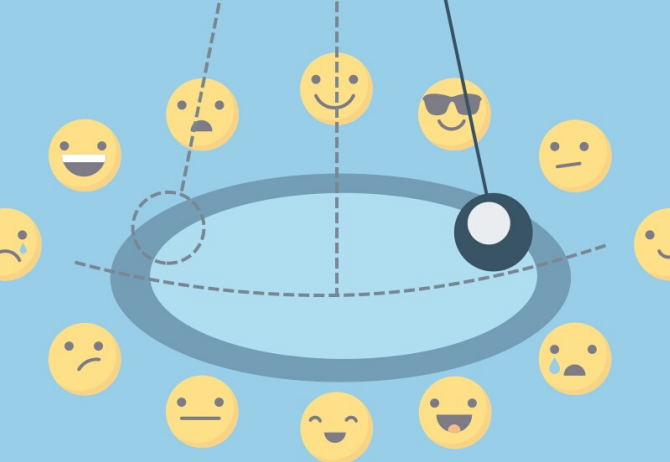


SPONSORED BY COUNSELING & PSYCHOLOGICAL SERVICES

# Managing Your Moods (3-Week Workshop)

Sign up through Eventbrite: <https://mymwinter2020.eventbrite.com>

Password: Winter2020



Weeks 2-4  
(Tuesdays)      1/14, 1/21, & 1/28  
9:00 - 10:00 am

Weeks 5-7  
(Wednesdays)      2/5, 2/12, & 2/19  
9:00 - 10:00 am

Weeks 8-10  
(Thursdays)      2/27, 3/5, & 3/12  
9:00 - 10:00 am



Are you feeling overwhelmed by your emotions? Are you finding it difficult to control feelings of stress, sadness, or anger? Feelings cannot be eliminated, but this workshop series can help you learn strategies to manage overwhelming emotions. Choose the 3-week series that works for you!

For disability-related accommodations please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or [psychcounseling@csusb.edu](mailto:psychcounseling@csusb.edu)