



# **‘GET A GRIP’ ON YOUR EMOTIONS...**

*This 8-week online teletherapy group is a psycho-educational support group designed to help you identify, process and respond (not react) to your emotions in healthier ways individually and in your relationships.*

*To Join this online group or for more information, please contact 703-859-3147 in Fredericksburg or 703-447-9402 in Fairfax.*

## **What?**

Emotion  
Management  
Support Group

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## **Where?**

On-Line Teletherapy  
Group

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## **When?**

From Wed., July 15th  
to Wed, Sept. 2nd for  
8 consecutive weeks  
from 5pm – 6pm

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## **Who?**

18+ Male or Female

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Certificate Upon  
Completion!

