

✦ Emotional and relationship skill building ✦

*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?*



Join us for the STAIR Group

*(Skills Training in the Application of Interpersonal Regulation)
– a supportive space to learn how to break old patterns
and improve how you manage your emotions
and connect with others.*

(8 week group)

*Wednesdays, starting September 17
1 - 2:30 p.m.*

(6 week groups)

*Tuesdays, starting October 7
1:30 - 3 p.m.*

*Fridays, starting October 24
10 - 11:30 a.m.*



**Scan here
to learn more!**

To learn more and join,

*call (410)-455-2542 or visit your Retriever CARE portal
to schedule your initial consultation appointment.*



RETRIEVER INTEGRATED HEALTH

This event is open for full participation by all individuals regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal law, state law, and the University's nondiscrimination policy.