

**JHU MENTAL HEALTH SERVICES PRESENTS**

# **EMOTIONAL ADULTING**

*THE SKILLS YOU DIDN'T GET IN SCHOOL*

**A DROP-IN WORKSHOP OPEN TO ALL JHU STUDENTS AND LEARNERS**

**JOIN AT ANY TIME AND ATTEND WHEN YOU CAN!**

**Mondays 5:30 - 6 pm EST**

**Wk. 1: Grounding**

**Wk. 2: Self - Compassion**

**Wk. 3: Working w/ your Window of Tolerance**

**Wk. 4: R.A.I.N.**

**Wk. 5: Containment**

**Wk. 6: Creating Space for Emotions**

**Wk. 7: Calm Place Imagery**

**Wk. 8: Four Elements of Stress Reduction**

For registration and  
more information

