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 ANY WEEK 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