

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

