

Self-Regulation Counseling Group

You're invited to join this counseling group to learn and practice self-regulation skills using Nicoleta Dragan's *The ART of Self-Regulation*.

8 Weekly Group Sessions

Starting on: **Thursday, Sept. 10th**

Ending on: **Thursday, Oct. 29th**

Time: **3:00–4:00 pm**

Location: **Student Health Services**

Facilitator: **Martha Rojas, LPCC**

Registration Required.
Spaces are limited.



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*"Self-regulation isn't something we're born with;
it's a skill we learn and strengthen with intention."*

–Nicoleta Dragan

The ART of Self-Regulation