

Mental Health Wellness

You are not alone.

Stress Management & Coping Skills Virtual Outpatient Therapy Group

Offered by the Brattleboro Retreat's Anna Marsh Clinic

Are you:

- Feeling stressed out?
- Dealing with strong or uncomfortable emotions?
- Experiencing a life crisis?
- Unsure how to express painful feelings (anger, sadness, guilt)?
- Concerned about your emotional wellbeing?

Join Us

for a weekly Zoom group to meet others adults and learn ways to cope with mental health issues and other life challenges.

Wednesdays via Zoom from
4:00 pm to 5:00 pm

For more information email:
mlaurens@brattlebororetreat.org



**Brattleboro
Retreat**

Improve **focus**

Manage
stress

Learn
**cop
ing
skills**

Feel
better

Reduce negative thoughts