Stress Management & Coping Skills
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

Mental Health Wellness
You are not alone.

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