

# 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](mailto:mlaurens@brattlebororetreat.org)**



**Brattleboro  
Retreat**

Improve **focus**

Manage  
**stress**

Learn  
**cop  
ing  
skills**

Feel  
**better**

**Reduce negative thoughts**