

Distress GPS

Gaining Practical Skills for better tolerating distress

Learn to: build resilience, regulate emotions, and change unwanted behaviors

Tuesdays: 9/1, 9/8, 9/15, 9/22, 9/29, and 10/6

Time: 1:00 pm-2:00 pm

Location: Zoom

Instructor: Carolyn Jackson, LCSW

Questions: carolyn.jackson@mtsu.edu

Register here at: <https://mtsu.zoom.us/meeting/register/tJYqfu2hrzoqHNNH43ded3nAs44BLa3mK5QCU>

Please register at least 1 hour prior to workshop using your MTSU e-mail.