

# MOOD MANAGEMENT COUNSELING GROUP

Vinfen Behavioral Health Lowell is offering a 12-week counseling group for individuals wanting to learn how to manage their emotions and modify behaviors. This group will utilize psychoeducation and Cognitive Behavioral Therapy (CBT) strategies and participants will develop and improve skills supporting assertiveness, emotion regulation, self-esteem, and more. Art, writing, and other creative processes will provide experiential learning opportunities to practice and integrate group material.

**WHO:** Participants must be 21+

**WHERE:** Sessions will be held via Telehealth; Zoom information will be provided

**WHEN:** Each Thursday from 12:00 p.m. – 1:30 p.m. starting February 24, 2022

**TO REGISTER:** Contact Lacy Vitko at 978-458-6282, ext. 258 or [vitkol@vinfen.org](mailto:vitkol@vinfen.org)