

# GROUP THERAPY

## *Interpersonal Effectiveness*

For adults 18+  
Led by Emily Stano, Psy.D.

### Goals of the Group:

- ❖ Learn to tolerate distressing emotions
- ❖ Develop balanced and flexible thinking
- ❖ Reduce unhelpful behaviors
- ❖ Improve interpersonal relationships

Thursdays 6:15-7:30 pm  
Beginning July 11<sup>th</sup>

Schedule a screening appointment to join the group!



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