

# Surviving and Thriving in College

## *Emotional Regulation – Dealing with Stress*

Group forming – low cost for students

\$15 per session, students only

**12:00-1:30 Wednesdays**

**5199 E. Pacific Coast Hwy, #510**

**Long Beach, CA 90804**

Beginning 10/21/15, for 6 meetings.

***Call to discuss if this would be a  
good group for you and  
reserve a space!***

***(310)-896-5399***

### **Topics Covered:**

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness Skills



Presented by:

Hope Goss, LMFT

[Hope@HopeGossTherapist.com](mailto:Hope@HopeGossTherapist.com)

HopeGossTherapist.com

5199 E. Pacific Coast Hwy, Suite 510

Long Beach, CA 90804

(310)-896-5399

JoLee Walker, LMFT

[joleegia@gmail.com](mailto:joleegia@gmail.com)

healinginmindfulness.com

205 Ave. I #27

Redondo Beach, Ca. 90277

310-710-1855