



# **\*NEW GROUP\*** **BUILDING AN EMOTIONAL TOOLBOX**

Open to Supportive Housing and Behavioral Health clients

**WEDNESDAYS**  
**10-11 AM**

## **Learn ways to:**

- Handle stressful events
- Be aware of your emotions
- Get along with others

*Snacks and water provided*

**421 Fallsway**  
**3rd floor**  
**Room: 3100 A/B**

## **CONFIRM** **YOUR SPOT**

Starting November 2, 2022

**Call:** 443-703-1266

**Email:**

- [apatten@hchmd.org](mailto:apatten@hchmd.org)
- [osmith@hchmd.org](mailto:osmith@hchmd.org)