

ADULT EMOTIONAL WELLNESS GROUP SERIES



Feeling stressed? Overwhelmed? Anxious? Down? Alone?

The **Adult Emotional Wellness Group Series** consists of 4 modules each designed to teach participants strategies for handling life's ups and downs. Participants will learn specific skills to manage difficult situations related to depression, anxiety, trauma, relationship conflicts, and other life challenges

MODULE 1: Mindfulness (4 weeks)

This module teaches participants to be fully aware and present in the moment to better manage stress and enhance relaxation. This is foundational skill and is a pre-requisite to participate in Module 2-4.

Mondays 6:30 –7:45 starting March 13

Monday 5:30–6:30 starting May 1

MODULE 2: Distress Management (5 weeks)

This module teaches how to tolerate unpleasant or uncomfortable emotions without escaping or avoiding the distressing experience or resorting to self-destructive behaviors.

Mondays 6:30 –7:45 starting April 10

MODULE 3: Emotion Regulation (7 weeks)

This module focuses on understanding emotions and what causes them, teaches strategies to respond to intense emotions, and identifies ways to build more positive emotions into your life.

Date/Time TBD

MODULE 4: Healthy Relationships (5 weeks)

This module focuses on building and improving relationships that matter to you. It also teaches ways to ask for what you want and say no while maintaining self-respect and relationships with others.

Date/Time TBD

Group members may commit to one module at a time, but are strongly encouraged to participate in all four modules of skills training. Members must complete Module 1: Mindfulness before joining any other module. This requirement may be waived if the participant has previously participated in another Mindfulness group provided by another CFPS/IBA provider.



**This group may be covered d by your health insurance.
Contact Dr. Caroline Byron at 781-551-0999 x460 for details.**

Caroline Byron, Psy.D. is a licensed psychologist. Dr. Byron received her undergraduate degree from Boston College in Human Development with minors in Fine Arts and Theology. She completed a master's degree in Counseling Psychology from Boston College followed by a doctorate in Clinical Psychology with a Health Psychology focus from William James College.