



Managing Stress and Emotion

Managing Stress and Emotions: A skills group to learn how to better manage stress through mindfulness, communicate more effectively, and manage your emotions. This will be an 8 week open group. Feel free to bring your lunch and drop-ins are welcome. This group will be meeting on Thursdays from 12-1pm in the Crossett Library Reading Room starting March 24th. Any questions, please email Penny Owen (powen@bennington.edu) or Katie Clover (katieclover@bennington.edu)