

VETERAN GROUP SESSION

MOOD MASTERY

Explore strategies and skills to promote positive feelings and increase healthy behaviors at a weekly Mood Mastery group sessions just for veterans and people who have served in the military.

During the sessions, you will develop strategies and skills to manage your emotions in a healthier way, so you can get unstuck, start overcoming obstacles you are facing, and gain peace of mind.

You will learn:

- How to better manage stress and anxiety
- Ways to better manage fear and worry
- How to eliminate irrational beliefs
- Ways enhance self-confidence
- Ways to build self-awareness
- How improve how you function daily
- How to forgive and let go
- Healthy ways to resolve conflict
- Strategies to overcome obstacles

The group will provide education and the opportunity to express thoughts and feeling in a safe environment.

A meeting with a case worker for a review of your goals is required before attending. **Call 720-944-3500 for more information.**