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 identify strategies and develop the 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 manage stress and anxiety better
- ways to solution for fear and worry
- how to eliminate irrational beliefs
- ways enhance self-confidence
- ways to build self-awareness
- how improve daily functioning
- how to forgive and let go
- ways to resolve conflict
- strategies to overcome obstacles

The group will provide skills-based education and an opportunity to express thoughts and feeling in a safe environment.

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