



What are coping skills?

Coping skills are the essential tools we use to help manage stressful situations.

Coping Skills Group

This group is for you if:

- You attend State Street Counseling Services
- You have difficulty managing stressors

The group will focus on:

- Learning new ways to manage uncomfortable feelings such as anxiety or depression
- Promoting wellness
- Building on your unique strengths

**Group meets every Monday
from 11:00 am – 12:00 pm**

Cornell Scott-Hill Health Center
State Street Counseling Services
911-913 State Street, New Haven

For more information call: (203) 503-3660



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