

# Emotional Wellness

Learn to cope with emotions and develop a more optimistic approach to life



## The Emotional Wellness Group will focus on:

- Improving your ability to manage uncomfortable emotions, such as anger and depression
- Better tolerate distress
- Use a mindful approach to everyday situations
- Improve the quality of your relationships

**Join us Mondays at 11:00 a.m.**

Grant Street Partnership  
60-62 Grant Street, New Haven

**For more information call:  
203-503-3361**



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