

**Are you overwhelmed by emotions?
Struggling to manage stress, anxiety, or anger?
We Can Help**



EMOTIONAL GROUP REGULATION

Who Should Attend

Adults seeking support with managing emotions.

What We Offer

Emotional Resilience: effective techniques to handle life with confidence.

Strength Building: Develop practical ways to manage emotions and relationships.

Connection: Connect with others on a journey towards emotional balance.


When and Where

Tuesdays Beginning November 14th 4:00 PM – 5:30 PM

Location:

New Strength Counseling
20 Airport Rd Suite 900
Brownsburg, IN 46112

CALL NOW

 **317-868-7133**



www.NewStrengthCounseling.com



Intake@newstrengthcounseling.com