

Do You Find Your Moods Changing With the Seasons?

Learn how to better manage this changing time!

Led by Judy Jankowski LPCC-S, LICDC, ATR-BC, CHT

Goal of group: The group will focus on educating and helping group members understand the relationship between the change in seasons, and the change in their moods through a collaborative process of women working together. The group will identify how to better manage symptoms through a variety of modalities.

Week One: The relationship between the change in season and the change in mood.

Week Two: How to cope with change.

Week Three: How mood and emotions affect your health.

Week Four: Developing relaxation tools.

Week Five: Creating a mood diary.

Week Six: Coming full circle; lessons learned.

**6 week group; 90 minute sessions; held at
the Avenues Fairlawn office**

Covered by most insurances!

**Self pay cost is \$65 per session, including all
materials and handouts.**

Sign up soon as space is limited, call (330) 723-7977 to reserve a spot