



STUDENT HEALTH
AND COUNSELING CENTER

University of Alaska Fairbanks



EMOTION COMMOTION



A DBT SKILLS GROUP

Register Now!

You bring the emotions. We'll bring the skills

Learn practical skills to stay present, regulate emotions, set boundaries, and communicate more effectively.

LOCATION

UAF STUDENT HEALTH AND COUNSELING
1007 NORTH CHANDALAR DRIVE
ATTEND ANY MEETING ON
FRIDAY 1:00PM-2:30PM
FROM SEPTEMBER 14 - DECEMBER 7
CALL SHCC FOR MORE INFO: (907) 474-7043