


Learning To Manage: Understanding Our Minds



Looking for ways to manage
stress, worry, hopelessness, frustration, etc.?

You Are Not Alone.

Let's Learn To Manage Together.

Wednesdays from 6:00 - 7:30 PM
Starting February 16th, 2022
Ending April 27th, 2022

You'll get the most out of the group experience if you commit to showing
up regularly, but feel free to drop in when you can.

To register contact UAF Community Mental Health
Clinic:

uaf-cmhc-hipaa@alaska.edu or (907)-474-1999

Brought to you by graduate student clinicians at the
UAF Community Mental Health Clinic.

