



COPING SKILLS GROUP

to enhance mental health skills and coping mechanisms

Mental Health America of Northern Kentucky and Southwest Ohio offers group sessions over **six weeks**.

You can join all six or attend any that fit your schedule.

Group begins Thursday,
January 29 at 10 AM

Sessions continue each Thursday for the next five
weeks at 11238 Cornell Park Drive, Blue Ash OH 45242.

Registration: Call 513-721-2910 or
email pbc@mhankyswoh.org

*Thought Reframing:
Introducing CBT*

*Emotional Survey
and Wellness Survey*

*Assertive
Communication
Styles*

*Somatic Therapies
Handouts for Each
Technique*