Distress GPS: Gaining Practical Skills for better tolerating distress

- Learn to: build resilience, regulate emotions, and change unwanted behaviors

- Tuesdays: 3/17, 3/24, 3/31, 4/7, 4/14, and 4/21

- Time: 1:00 pm-2:00 pm

- Location: MTSU Counseling Services, Room 324

- Instructor: Carolyn Jackson, LCSW

- Questions: carolyn.jackson@mtsu.edu