



DIFFICULT EMOTIONS

Presented by: Dr. Maria Nazarian

Learn to Recognize & Cope With:

- uncertainty
- depression
- anger
- anxiety
- worry
- grief
- self-doubt
- *whatever is on your mind*



**Every Tuesday from February 24th – June 8th
@ 2PM-3PM In the Center for Well-Being**

For more information or for accessibility related questions, please contact SHS
at 310-660-3643.