

Feeling stressed out?
Worrying constantly?
Having trouble relaxing?
Need other people to help
you get started?

Try these classes to learn
to relax your body and
mind and promote calm.

Relaxation Group

Mondays at 11am,
Rm 17024W
For info contact: Dr. Marc Goloff,
(212) 686-7500, x5926

Women's Relaxation Group

Tuesdays at 1pm,
Rm 2227N, 2N learning center
For info contact: Dr. Lillian
Sultan, (212) 686-7500, x3632

Recovering from mental
health or substance abuse
problems?
Struggling to maintain good
habits and skills?
Looking for ways to cope?
Want to connect with
others who share similar
issues?

WELLNESS SELF- MANAGEMENT

Learn:

- ◆ what helps and what hin-
ders recovery
- ◆ how setting goals helps re-
covery
- ◆ facts about symptoms,
treatments, and causes
- ◆ how social support and us-
ing community resources
help recovery
- ◆ your strengths to support
your recovery
- ◆ coping strategies that work
*and more useful infor-
mation to support your per-
sonal growth*

Fridays at 12 noon, Rm 2693
For info contact: Pio Cabada,
LCSW, (212) 686-7500, x3158

**START FEELING
BETTER NOW!**

Don't waste time!

Try these
informational and
skills-building
classes.

**Drop in any time.
No referral
needed!**



**Manhattan VA Medical Center
Outpatient Mental Health Clinic
2nd floor, clinical addition wing
(212) 686-7500, x7529**

January 24, 2017

Feeling down or blue?
 Struggling with guilt and regret?
 Having trouble getting motivated?
 Worrying ALL the time?

Feeling stressed out?
 Arguing with friends and family?
 Struggling with self-destructive urges?

Feeling stuck?
 Struggling with anxiety or depression?
 Having difficulty getting or staying calm?

Try these classes to learn to better manage emotions and change behaviors.



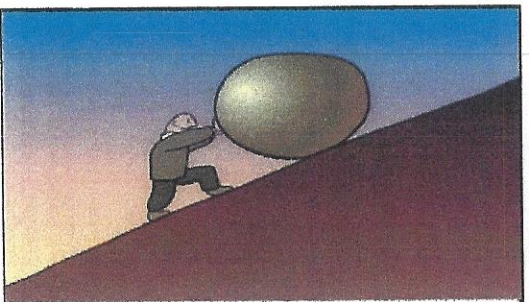
CBT FOR ANXIETY & DEPRESSION

Thursdays 1-2pm, Rm 2691
 For info contact: Dr. Chrystianne Dealmeida, NY Campus (212)686-7500, x7705

ACT (STRATEGIES FOR EXPERIENCING NEGATIVE EMOTIONS)



Thursdays 2-3pm, Rm 2693
 For info contact: Dr. Anthony Brinn, NY Campus (212)686-7500, x7699



DISTRESS TOLERANCE

Learn:

- skills for tolerating painful events, urges, and emotions when you cannot make things better right away

Tuesdays 10-11am, Rm 2691
 Thursdays 1-2pm, Rm 2644
 For info contact: John Tatarakis, CNS, NY Campus (212)686-7500, x4001 or Dr. Sulani Perera, NY Campus (212)686-7500, x4379

MIND AND EMOTIONS

Learn:

- about several different approaches to tackling common emotional problems
- skills from DBT and CBT therapies
- how ACT (acceptance and commitment) connect to mental health

Mondays 9:30-10:30, Rm 2695
 For info contact: Pio Cabada, LCSW, NY Campus (212)686-7500, x3158

