Are you...

- Feeling depressed or anxious?
- Having difficulties dealing with tough or uncomfortable emotions?
- Avoiding situations or people?

Then consider our **Emotion Skills Group!**

**Now enrolling!**

**Call us at 631-632-7830**

Our Emotion Skills Group is a cognitive-behavioral treatment approach designed for people experiencing symptoms of depression, anxiety, or other related issues. This approach teaches strategies for understanding and dealing with strong emotions that might get in the way of you living the life you want.

**Program Goals:**

- Understand the different parts of an emotional experience
- Learn skills for coping with strong emotions
- Gain insight about behaviors driven by emotions

**Details:**

- **Number of sessions:** 1 individual assessment (30 minutes) and 12 weekly group sessions (90 minutes each)
- **Where:** Online via Zoom Business, a secure videoconferencing platform open only to group members
- **When:** starting as soon as group fills up – generally run once per semester – specific day/time based on enrolled group participant’s availability
- **Fee:** $140 total (please call if you have questions about the fee!)
- **How do I sign up?** Call us at **631-632-7830** or email **KrasnerCenter@stonybrook.edu**
Are you...
- Having difficulties managing your time?
- Often distracted or forgetful?
- Wishing you were more organized?
- Interested in learning how to study best?

Yes? Check out the Krasner Psychological Center’s ADHD Group treatment program

- **Program Goals:**
  - Master study habits to improve functioning in both academic and day-to-day activities
  - Learn new skills like time management and prioritizing tasks
  - Learn to manage inattention and hyperactivity

- **Number of sessions:**
  - 1 60-minute face-to-face initial comprehensive individual assessment
  - 10 90-minute group sessions

- **When:**
  - **Time TBD** (specific day/time TBD based on group participant’s availability. Group is generally run once per semester.)

- **Fee:** $120 total *(please call if you have any questions about the fee)*

To Sign-up, contact us at 631-632-7830 or KrasnerCenter@stonybrook.edu
SKILLS FOR HEALTHY RELATIONSHIPS
AN 8-WEEK GROUP

Need help navigating dating, romantic, and sexual relationships? Want to learn how to be the best partner you can be? Not sure how to find ideal partners who meet your needs?

Relationships are complicated, so we're here to help. Check out the Krasner Psychological Center’s Relationship Skills Group, led by experienced relationship scientists. We offer evidence-based skills for navigating all aspects of relationships from start to end. All relationship experience levels invited – you don’t have to be in a relationship to join.

Groups meet weekly via Zoom for Business, a secure videoconferencing platform open only to members.

Interested? Call (631)-632-7830 or email krasnercenter@stonybrook.edu

Krasner Psychological Center
Stony Brook University

WHAT: Relationship skills-building group for young adults ages 18–29 offered via telemental health.

WHERE: Online via Zoom Business, a secure videoconferencing platform open only to group members

WHEN: 75 minutes weekly, time & dates TBD in Fall 2021. Recruitment is rolling and we will start once a group is filled, so get in touch ASAP to be put on our list!

WHO: All interested young adults ages 18–29 in New York State.

HOW: Sign-up required, call (631)-632-7830 or contact krasnercenter@stonybrook.edu

FEE: $100, including 1 individual meeting and 8 group sessions

INTERESTED? Call (631)-632-7830 or contact krasnercenter@stonybrook.edu for more information.
ADMISSION OPEN - CALL TO ENROLL

PARENT MANAGEMENT TRAINING GROUP

Need help managing your child's tantrums, disruptive and/or oppositional behavior, inattention and/or hyperactivity? Want to learn how to be the best parent you can be? This group is for YOU!

WHAT: The Krasner Psychological Center at Stony Brook University is offering a 10-week evidence-based parenting skills group to provide parents with skills to better manage their child’s behavioral difficulties.

WHERE: Online via Zoom Business, a secure videoconferencing platform open only to group members.

WHEN: 60 minute weekly session, time TBD based on member availability.

WHO: All interested parents of children aged 2-10 in New York State.

FEE: $50, including 1 individual meeting and 10 group sessions

INTERESTED? Call (631) 632-7830, contact Krasnercenter@stonybrook.edu