

"Perhaps the heaviest things we lift and carry are not our weights but our feels."

MOOD GYM

WHEN

February 21st
3:00 pm - 4:00 pm

March 28th
3:00 pm - 4:00 pm

WHERE

University Counseling Center

CAPS

2nd Floor of Student Health Services

FACILIATORS:

Cassandra Moon, Psy.D.
Chassitty Fiani, Ph.D.

631-632-6720



Come join in this "fitness" experience designed to help you strengthen your "muscles" for managing stress and overwhelming emotion

NO
REGISTRATION
REQUIRED

NO PRIOR
EXPERIENCE
NECESSARY

YOU MAY
ATTEND ONE OR
BOTH SESSIONS

INVOLVES
EMOTIONAL /
COGNITIVE
EXERCISES
RATHER THAN
PHYSICAL

Exercises to improve your ability to express emotions effectively will be woven throughout this experience



Stony Brook
University