



Mood management I

Creating more balance in your daily life



Overwhelmed by emotions?
Acting in self-defeating ways?
Conflicts in relationships?

Community Hospital can help.

Join us for a six-week class designed to teach you how to manage troubling thoughts and emotions, reduce stress and anxiety, manage problems in relationships, change self-defeating behavior, and deal with life's difficulties.

This class will help you understand the connection between your thoughts and emotions, and give you practical ways to change troubling thoughts and behaviors.



Thursdays, January 7–February 11 ■ 3:30–5 p.m.
Hartnell Professional Center
Education room (second floor)
576 Hartnell Street, Monterey
Cost: \$150 for 6 weeks

Led by Maurine Moody, licensed marriage and family therapist
To register, please call 625-4600. Seating is limited.



Community Hospital
of the Monterey Peninsula®

BEHAVIORAL HEALTH SERVICES