



Attention: **Union County Families**

join our next Mental Health Series...

Interrupting Negative Emotions

Emotional regulation is the key to life! Nothing else matters than being able to control our emotions.

Course Created by:
Brett Williams, LMFT

For many parents, they know what's wrong but are at a loss as to how to respond. The first step to respond to negative emotions is to interrupt.

This session covers the following:

- How to intervene early to interrupt negative emotions
- Tools to quickly interrupt emotions by changing physiology of our body
- Tools to quickly interrupt emotions by changing thinking



October 18, 2023

**6:30–7:30 PM
via Zoom**



Register Here

<http://cookcenter.info/Oct18MHRB>



mental health &
recovery board
UNION COUNTY

