



Attention: **Union County Families**

join our next Mental Health Series...

Recognizing What's Wrong

Emotional regulation is the key to life!

Course Created by:
Brett Williams, LMFT

Emotional regulation is the key to life!
Nothing else matters than being able
to control our emotions. The first step
to creating healthy emotional
regulation is recognizing what's wrong.

This session covers the following:

- Why do we have emotions?
- The Impact of Inward Emotions on Mental Health
- Why Emotions Being too High or Low can Be Harmful
- Tools to Understand our Child's Emotions



September 20, 2023

6:30–7:30 PM
via Zoom



Register Here

<http://cookcenter.info/Sep20MHRB>



mental health &
recovery board
UNION COUNTY

