

Coping Skills



You will learn a variety of different coping skills to assist you in navigating through stressful or more difficult situations in day-to-day life.

Group 1

Wednesdays

February 1 - February 22

4:30pm - 5:30pm

Group 2

Wednesdays

March 1 - March 22

4:30pm - 5:30pm



To register:

Please email Kailey Cheropita at kcheropita@bethesdaservices.com

Registration email should include the group name (and number) that you would like to register for and your contact information, including name, email and phone number.