

# OnLine Group

## Moms Emotional Coping Skills

For Pregnant Women &  
Mothers of Infants & Young Children (up to 8yrs)



This group will teach you coping skills to better manage your emotions & those of your children; tolerate day-to-day stressors and life events; and better navigate relationships.

This skills group is especially helpful for women struggling with depression or anxiety symptoms and/or difficulty managing feelings of sadness, hopelessness, guilt, worry, fear, irritability, & anger. We will teach coping skills needed to manage the transition into parenthood and beyond, conflicts that arise in relationships, and how to negotiate the ongoing practice of self-care as a mother.

### This group will focus on 4 skill-building areas:

- **Mindfulness** skills to help stay in the present moment, relax, and increase contentment.
- **Distress Tolerance** skills to help build patience, calm & confidence.
- **Emotional Regulation** skills to understand and have more control over intense feelings.
- **Communication & interpersonal skills** to become more effective in your relationships.

*It is often recommended – but not in all cases necessary – that you attend individual therapy along with this group in order to integrate the skills more fully into your life.*

**When:** Tues 4:15pm – 6:15pm -OR- Weds 10:00 am – 11:30 am

**Location:** Telehealth – Join on any smart device

**To Register:** [www.phawellness.com](http://www.phawellness.com) / 612-296-3800



Multiple Twin Cities Locations  
Most insurance accepted  
[www.phawellness.com](http://www.phawellness.com)