

# ARE YOU COPING? WE CAN HELP!

COMPASS MEDICAL BEHAVIORAL HEALTH PRESENTS

## COPING 101

Based on patient feedback, the Behavioral Health Team has created a new group. Coping 101 will focus on how the brain responds to stress, mindfulness practice, effective communication skills and cognitive behavioral techniques. Join this group session and get support now and be prioritized on our 1:1 waitlist. *Fastpass to a better you today!*

### GROUP DETAILS:

**DATES:** January 19 - February 9, 2022

**WHEN:** Wednesday Evenings from 5:30PM - 7:00PM

**WHERE:** 1 Compass Way, East Bridgewater, Upstairs Conference Room

*\*Please note: This is a hybrid program, if you wish to attend via telehealth that is an option.*

**CONTACT:** Call (508) 350-2225 OPT 2 to reserve your spot today!

### MEET THE FACILITATOR:



#### AMY HEATH, LICSW

Amy was employed previously at the Justice Resource Institute and held many positions throughout the years. Some of those positions included Clinical Director, Assistant Clinical Director, and Clinician. Amy incorporates a variety of therapeutic modalities and frameworks into her sessions with her clients, particularly ARC (Attachment, Self-Regulation, and Competency), CBT (Cognitive Behavioral Therapy), and DBT (Dialectical Behavior Therapy). Amy has extensive experience treating complex trauma with adolescents, young adults, and young adults and their families.

*\*Please note, an intake session is required for all participants and may be covered by insurance.*