

Mood Management Group

Group: Teens & Adults

Time: 8 weeks

**Location: Center for Behavioral Health
at Spalding University**

“**Mood swings**, or rapid changes in one's emotional state, may occur as a reaction to circumstances or environment, as a result of a physical or mental health condition, or for no apparent reason. General moodiness is likely to be a part of everyone's life, but in some circumstances, changes in mood may be severe and have an effect on health and daily function.” –Good Therapy

If you're struggling with your mood management, CBH is here to help!



Call us at 502-792-7011 to get more information or check out our
website at <https://behavioralhealth.spalding.edu>