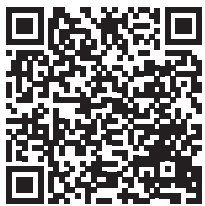




# Managing intense emotions in the moment



Join our live webinar on Wednesday, November 13, 2024 at 1:00 p.m. CT to gain insight on how to head off upsetting emotions before they get out of control. Scan the QR code to register now.

In this webinar, you'll learn:

- The valuable techniques of emotional regulation.
- How to identify intense emotions and manage them in the heat of the moment.
- Skills for being prepared for intense emotions before they arise.

**Visit your member website for more information.**