Do you often feel overwhelmed? Would you like to improve your ability to handle distress? Do you have any self destructive patterns you would like to change like over eating, over spending or poor relationship choices? Often times these patterns have developed to avoid emotions we find overwhelming. Come in and learn some coping strategies that can help you better manage your feelings and emotions in a safe environment. A women’s only group that will use mindfulness techniques, self exploration and self care strategies with skills you can use immediately!

Most insurances accepted including Medicaid. Out-of-pocket cost is $60 per session. To register or for more information, call 603-663-8617.

6 Week Session
Presented by Tracey Coulon, LICSW

445 Cypress Street • Suite 8 • Manchester

Tracey Coulon, LICSW, brings many years of training and experience in counseling to Elliot Behavioral Health Services. She specializes in women’s issues, parenting, PTSD, depression, anxiety and self esteem. She has an eclectic approach using cognitive behavioral therapy, relational cultural and others to suit the person she is working with to best meet their needs and goals. Tracey has been trained in EMDR and Sensorimotor Psychotherapy which are highly effective treatments for PTSD symptoms.

She received her Bachelor’s of Science degree from Springfield College School of Human Services, Springfield, MA, and Master’s Degree in Social Work from Boston University School of Social Work, Boston. Tracey is licensed by the NH Board of Mental Health as a Licensed Independent Clinical Social Worker.