

**2ND THURSDAY  
BROWN BAG LUNCH SERIES**

Maryland Height Community Ctr  
2300 McKelvey Road  
Maryland Heights, MO 63043  
Noon—1:00 p.m.

Bring your lunch and we'll provide drinks and cookies, with your RSVP.

To Register online go to <http://www.namistl.org/programs-2/2nd-thursday-seminars/>

Or call us at 314-962-4670.



**June 13, 2019 - Stopping the Emotional Roller Coaster**

**Speaker:** Greg Rieger, LCSW, Clinical Coordinator  
DBT-Linehan Board of Certification, Certified Clinician™, From LifeWork, LLC

This presentation will explain the causes of intense levels of emotional dysregulation and the consequences of living with these painful emotions. Attendees will also be given an introduction to Dialectical Behavioral Therapy (DBT), which assists people who have difficulty controlling high levels of emotions or impulsive actions.