

Don't believe everything you think: How our thoughts affect mood and behavior

Negative thoughts are a normal part of the developing brain. Understanding how these thoughts evolve and their relationship to mood and behavior gives us power to reconsider our thinking and affect real change in our lives. This process of self-discovery can give us a pathway to growth, conflict resolution, and help us improve our mood and behavior. Karin Sable is a licensed marriage and family therapist providing mental health and counseling services in the Truckee-Tahoe area.

COMMUNITY PRESENTATION

June
9

5:30 – 7 p.m.

UC Davis Tahoe Science Center,
291 Country Club Dr.,
Incline Village, Nevada

\$5 suggested donation,
refreshments and no-host bar 5:30
p.m., presentation begins at 6 p.m.

Please register for early seating at
<http://terc.ucdavis.edu/events/>



Mental Health in the Mountains

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