



Edith Nourse Rogers Memorial Veterans Hospital  
Bedford VA Medical Center  
200 Springs Road  
Bedford, MA, 01730

## **New Group Offering**

# **Naming It: Feelings Into Words**

**Do you find that:**

**You struggle to identify feelings?**

**You get confused about what you feel?**

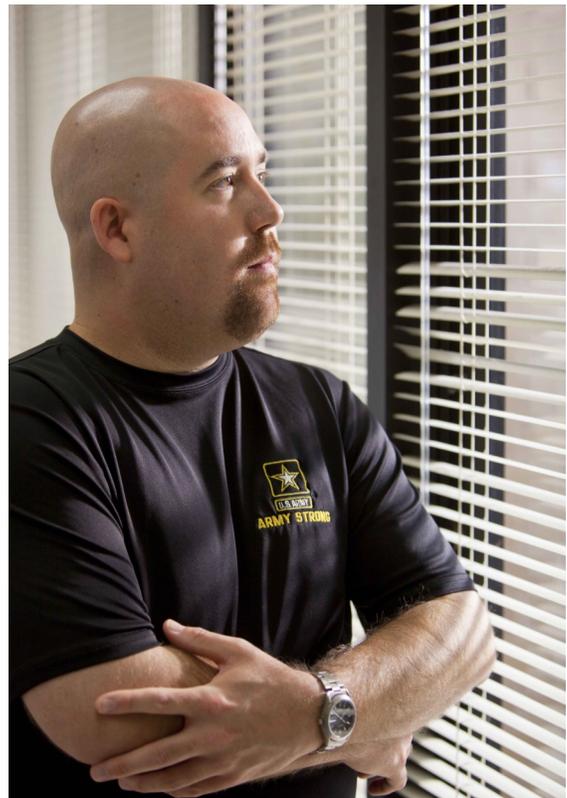
**You struggle to communicate what you feel to others?**

**Anger is the easiest emotion to sense?**

**Group will begin  
September 2013.**

**For further  
information please  
contact**

**The Safing Center  
781-687-3262**



**VA**  
**HEALTH CARE** | Defining  
**EXCELLENCE**  
in the 21st Century