

UNLEASHING YOUR MIND'S POTENTIAL

COGNITIVE BEHAVIORAL THERAPY SKILLS WORKSHOP

BE EQUIPPED WITH A
POWERFUL TOOLKIT FOR
LIFELONG SUCCESS THAT
FOCUSES ON
UNDERSTANDING THE
CONNECTIONS BETWEEN
THOUGHTS, FEELINGS, AND
BEHAVIORS.



SCAN TO REGISTER:

**ROUND 1: Monday 4/8
4-5:30PM**

**ROUND 2: Monday 4/22
4-5:30PM**

