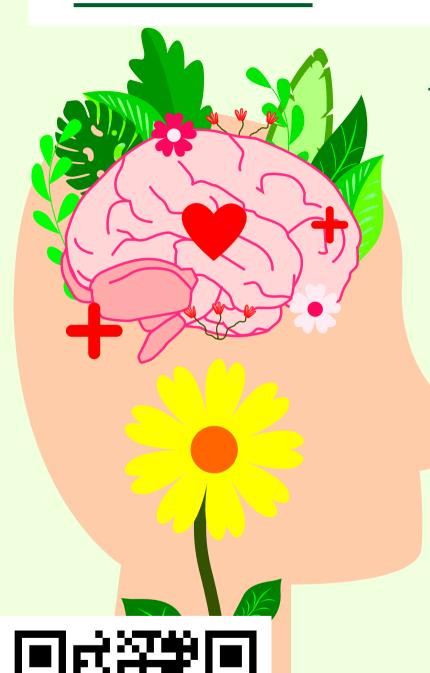
UNLEASHING YOUR MIND'S PONTENTIAL



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