



PSYCHO-EDUCATIONAL GROUP CHANGEWAYS

MAKE FRIENDS WITH YOUR EMOTIONS

8 FRIDAYS OR 8 SATURDAYS (FEE: \$720)


5 – 6:30 PM (FRI.) OR 10:30 AM – 12 PM / 1:30 – 3 PM (SAT.)

5050 KINGSWAY, BURNABY / 108-10422 168TH ST., SURREY / 1155 W. PENDER, VAN.

What is the Changeways Program? This program is designed to help you create positive change in your life. You can learn:

- Identifying problems and transforming them into goals for change.
- Breaking goals down into manageable steps.
- Recognizing the signs, symptoms, and causes of depression.
- Understanding the effects of diet, exercise, sleep habits, caffeine, recreation, alcohol and drugs in your daily life.
- Developing strategies for a more satisfying social life.
- Assertiveness skills.
- Identifying negative and self-defeating thought patterns.
- Preventing mood problems from becoming unmanageable.

Change is Possible and Manageable

 SOARING HEART THERAPY HOST. CONTACT: JANE LI @ 778-847 4326