

LifeSkills Training

MiCBT • DBT • ACT • HUGS™



Emotional Regulation and Well-Being

Manage Your Thoughts, Feelings, and Actions

Monday, June 6 4:00—5:30 PM (10 weeks)

Mindfulness in Everyday Living

Learn Tools and Techniques for Everyday Problems

Tuesday, June 7 6:00—7:30 PM (10 weeks)

Interpersonal Effectiveness

Enhance Communication and People Skills

Thursday, June 9 10:00—11:30 AM (10 weeks)

Positive Parenting

Family Rules, Good Habit Cards,

Responsibility vs Household Chores, Rewards

Saturday, June 11 10 AM—Noon (1 session only)

Jody L Friesen Grande PhD LICSW BCD

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Call to Reserve Your Space

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