



BRIDGING THE GAP | SUPPORT GROUP FOR ADULTS

Do you want to grow in your ability to:

- Regulate your emotions?
- Identify and manage stress triggers?
- Handle stressful work or family relationships?
- See your own sense of self-worth?
- Cope with the struggles of life in a healthy way?

Don't go at it alone. Meeting weekly in a supportive group environment facilitated by a skilled, highly trained counselor could be the next step to helping you hit your goals.

**Every
Monday**

6:00-7pm

**9241 S. Route
31, Lake in the
Hills, IL**

For more information or to sign up, call **847.854.4333**, email **amy@owenscounseling.com**, or visit our website: **owenscounseling.com**.