



# 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.

**Owens  
Counseling**

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**Locations**

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**Lake in the  
Hills**

**Schaumburg**

**St.Charles**

**Warrenville**

For more information, or to sign up, call us at **847.854.4333**, or visit our website: **owenscounseling.com**.