CULTIVATING RESILIENCE THROUGH MINDFULNESS:
“This workshop series focuses on learning to ‘bounce back’ in the face of stressors. Mindfulness and self-compassion will be emphasized throughout this workshop.”
TUESDAYS 10:00am-11:00am

ASSERTIVENESS SKILLS WORKSHOP:
“Assertiveness workshop will help you learn how to communicate effectively, resolve conflicts, set boundaries, and assert yourself.”
FRIDAYS 2:00pm-3:00pm

BECOMING AN ADAPTIVE PERFECTIONIST:
"Becoming An Adaptive Perfectionist is a workshop that will help you be an effective and motivated person while reducing the anxiety, pressure, and low self-esteem that get in your way.”
EVERY OTHER MONDAY 3:00pm-4:00pm

COPING WITH DISTRESS:
“This workshop will teach you real life skills to effectively manage emotions in a safe and supportive environment.”
TUESDAYS 3:00pm to 4:00pm

STRESS MANAGEMENT:
“This workshop will teach you to understand stress and how it affects our health and wellness. You will learn techniques to identify and reduce your own personal stressors.”
WEDNESDAYS 11:00am-12:00pm

PLEASE CALL CAPS at 702-895-3627 to schedule an initial consultation or for more information about workshops!