

EMOTIONS

Awareness SUPPORT GROUP

**WEDNESDAYS
6PM-7PM**

FACILITATORS

Kathleen Scott

Christopher Jackson "CJ"

- Gain a deeper understanding of your emotional landscape.
- Learn practical techniques for managing stress and improving emotional health.
- Build stronger relationships with better emotional awareness.
- Take control of your well-being and embrace emotional balance.

Why Attend ?

**EMPOWER
YOURSELF**

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