

RESILIENCE

LANGLEY COMMUNITY SERVICES SOCIETY
COMMUNITY COUNSELLING PROGRAM PRESENTS

STRENGTHENING RESILIENCY

a 12 week group on increasing your ability to
cope with, adapt to, and overcome challenges

WE WILL BE EXPLORING:

Optimism
Locus of Control
Bouncing Back

Sense of Self
(Self-Critic/Self Confidence)
Change

WEDNESDAYS
JANUARY 20 - APRIL 6, 2016

TIME: 6:30-8:30
at Langley Community Services Society
5339 207th Street
Langley, BC V3A 2E6

Pre-registration is required for this group.
Call 604 534 7921

