



Breast Cancer Group Therapy Course



Making Lemonade:

How to Make Lemonade When Cancer Keeps Giving You Lemons

Building Blocks Family Counseling is offering an 8 week life skills group therapy course for adults struggling with breast cancer and its effects on daily life. This group will offer those dealing with a cancer diagnosis the opportunity to learn and practice coping skills in a therapeutic and safe environment.

Key areas that will be addressed:

- The purpose of Emotions
- Irrational versus Rational Thinking
- Acceptance, and how to Get There
- Being Present in Life's Moments
- Reconciling the Past and Facing the Future
- Applying what we learn to Real Life and Live



Saturday Mornings from

10 am to 11 am

Dates Include:

Class 1: January 19

Class 2: January 26

Class 3: February 2

Class 4: February 9

Class 5: February 16

Class 6: February 23

Class 7: March 2

Class 8: March 9

8 classes in the course

Each class is \$20.00
for a total of \$160.00
for the full course
(all 8 classes)

Pay in full or pay per
week options available

Location:

Building Blocks
205 S Skinner Ave
Unit B
Pooler, GA 31322

For more information
or to register for the
course please call
Building Blocks
Family Counseling
912-349-8043

info@buildingblocks.solutions

Website-

www.buildingblocks.solutions