



## Breast Cancer Therapy Course



# Making Lemonade:

## How to Make Lemonade When Cancer Keeps Giving You Lemons

Building Blocks Family Counseling is offering a 4 **week course** for adults dealing with breast cancer and its effects on daily life. This course will offer **strategies and tools** for how to address the emotional piece to healing after a diagnosis. Participants will have the opportunity to learn and practice these 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



Making Lemonade is offered **Quarterly**

4 classes in a course

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Choose from two convenient time options:

Tuesdays  
Sept. 10<sup>th</sup>  
Sept. 17<sup>th</sup>  
Sept. 24<sup>th</sup>  
Oct. 1st  
6:30 pm-8:30 pm

Saturdays  
Sept. 14<sup>th</sup>  
Sept. 21<sup>st</sup>  
Sept. 28<sup>th</sup>  
Oct. 5th  
9:00 am- 11:00 am

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Each class is \$25.00 for a total of \$100.00 for the full course (all 4 classes)

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

For more information  
call 912-349-8043  
or email:  
info@buildingblocks.solutions