



Breast Cancer Class

Making Lemonade:

How to Make Lemonade When Cancer Keeps Giving You Lemons

Building Blocks Family Counseling is offering a 4 **hour online class** 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



This class is now offered online!!!!

Upcoming 2020 class dates:

September 26th
October 24th
November 21st
December 19th

Class will be held from 9:00 am-1:30 pm via Zoom

Cost: \$100

Brought to you by:

Building Blocks Family Counseling

Register online at our website:

Buildingblocks.solutions go to the solutions tab then go to workshops