



Breast Cancer Class

Making Lemonade:

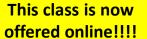
How to Make Lemonade When Cancer Keeps Giving You Lemons

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.

building blocks

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



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