

REAL LIFE SKILLS

SIMPLE YET VITAL SKILLS FOR
LIVING YOUR BEST LIFE



Real Life Skills – A six session series February – December 2020

You should not have to go to a therapist's office to learn vital mental health maintenance skills; this information deserves to be common knowledge. We all struggle in some way with the issues addressed in these workshops. I have put together the concepts and skills that I have found, in almost two decades as a therapist, to be most helpful to my clients.

Each one and a half hour session is helpful as a stand-alone workshop – you can choose the ones that interest you. If you take all six, however, you will see that the concepts build on each previous lesson.

For dates and more info – www.IntersectionsWellness.com
or Facebook.com/IntersectionsWellness

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- BOUNDARIES
 - EMPATHY
 - KEEPING YOUR TEMPER
 - NERVOUS SYSTEM TUNE-UP
 - UNDERSTANDING TRAUMA PART 1
 - UNDERSTANDING TRAUMA PART 2
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Tickets on Eventbrite!

At Yoga U Pittsburgh
3608 Forbes Avenue
Pittsburgh, PA 15213
Register on Yoga U Pgh website
www.YogaUPgh.com