

Free Coping Skills Group!



Starting February 4th, 2020

Every Tuesday from 11:00am - 12:30pm

- Learn Important coping skills for anxiety, depression, job loss, financial stress, grief and more
- Understand your emotions and communicate them to others
- Learn breathing and relaxation techniques
- Learn to set healthy boundaries
- Share with others who have similar experiences In a safe environment

At The Cooperative Ministry- 3821 W Beltline Blvd, Columbia, SC 29204

Join us for a skills-based, therapeutic support group for individuals 18+ who would benefit from learning coping skills. This group gives the opportunity to share your thoughts and emotions with other individuals with similar experiences. Facilitated by Sarah Hall, LPCA.

To reserve your space please contact shall@christiancounseling.ws or call 803-799-3853 ext. 211