

ADULT SERVICES

TOTAL LIFE COUNSELING CENTER



Anxiety Management Workshop

"Hurt doesn't have to define you, but refine you."

Are you feeling *stressed* and *overwhelmed* in your daily activities? Learn how to manage your life, instead of it managing you through our Anxiety Management Workshop!

Topics Covered:

- Self Evaluation on Anxiety and Self Confidence
- Goal Setting
- How to Not Let Others Control You or Your Life
- Your Purpose in Life
- Improving Self-Confidence
- Setting Priorities & Time Management Skills
- Developing a Support Network
- Improving Communication Skills
- How to Change the Way You Think

Women's Sex Addiction Group

Living In Freedom Everyday*

The goal of this group is to help bring women to sexual integrity in a sexually saturated world.

Topics covered:

- Family of origin dynamics
- Cycle of addiction
- Boundaries
- Healthy Sexuality
- Spiritual concerns & growth



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