



# COPING SKILLS FOR MOMS

**ONLINE GROUP THERAPY**

**OCT 4TH - DEC 17TH**

**MONDAYS 6PM-7PM OR THURSDAYS 2PM-3PM**

**\$20 PER SESSION**

ABC Model	Oct 4th and 7th
Core Values	Oct 11th and 14th
Cognitive Coping Skills	Oct 18th and 21st
TIPP & STOP	Oct 25th and 28th
Pros & Cons	Nov 1st and 4th
Radical Acceptance	Nov 8th and 11th
Self Esteem & Goal Setting	Nov 15th and 19th
Healthy Habits & Self Care	Nov 29th and Dec 3rd
Support Systems	Dec 6th and 10th
Attachment	Dec 13th and 17th

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