

Rewire

Cultivating Resilience through Skills Building



Rewire is a workshop to learn and practice evidence-based skills and strategies. Tools can be immediately applied to many areas of life. The intention is to build on the skills of emotional regulation including mindfulness, meditation and acceptance.

Goals and Benefits

- Experience an increase in positive emotions
- Manage triggers more effectively
- Develop healthy coping skills
- Establish and maintain healthy relationships with self and others
- Cope more effectively with problematic thoughts
- Reduce anxiety and depression
- Increase confidence

*** Workshop will run for 5 sessions on Wednesdays:
April 3rd, 10th, 17th, 24th, and May 1st from 4:00 - 6:00 pm**

Pre-registration ends March 20th!

*** Cost for the workshop (which is paid upon registration) is \$350.00**

Limited spaces available!



Healthy Perspectives

Innovative Mental Health Services, PLLC

30 Temple St., Suite 105
Nashua, NH 03060

www.hp-nh.com



Interested in learning more
about our workshops?

Please contact Carolyn Morgan, Ph.D.
or Laura Lombardi, LICSW
at (603) 880-9880

for any questions or to register!