



# Bridging Resilience for Families HBCC and urDiscovery Coaching

urDiscovery and HBCC are partnering to walk alongside HBCC families dedicated to taking the journey of change for themselves to bring change to the lives of their children



[urDiscovery.com](http://urDiscovery.com)

## Calming Your Inner Critic: Stay Regulated for Effective Family Dynamics

- Week 1: Identifying Triggers and Patterns
- Week 2: Identifying and Understanding Your Inner Critics
- Week 3: Cultivating Self-Compassion and Reframing Harmful Self-Talk
- Week 4: Strengthening Emotional Awareness and Mastering Self-Regulation
- Week 5: Integrating Skills and Building Sustainable Family Habits

### Hybrid Course: In-person & Online

Beginning October 9, 2025

Thursdays 7:00 - 8:30 pm

\*Cost: \$135 per person

\$210 for two

Discount for returning attendees

\*Tuition assistance is available

**Presented by:** *Coach Lisa Pierre 714-660-3567*

### Location

HBCC 145 W. Main St Ste 210 Tustin, CA 92780



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**It's ur impact...make it count**

**For more  
information**