



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

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

In Person

Beginning January 29, 2026

Thursdays 10-11:30 am

*Cost: \$150 per person

\$240 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



urDiscovery.com



It's ur impact...make it count

**For more
information**