



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: Understanding and Identifying Your Inner Critic(s)
- Week 2: Identifying Triggers and Patterns
- 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 May 22, 2025
Thursdays 10:00 - 11:30 pm

*Cost: \$135 per person
\$210 for two

*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**