



LIVE & VIRTUAL LIFE SKILLS SUPPORT GROUP

Join our Live & Virtual Life Skills Support Group and connect with others in a welcoming and judgment-free environment. Whether you're dealing with stress, anxiety, or simply seeking personal growth, our professional facilitators provide expert guidance on communication, problem-solving, stress management, and self-care.



Wednesday 6:30 p.m.
1 hr \$25 Monthly membership
8 sessions min.

972-709-1180

www.sotmlifeskills.com