



Positive Growth for a Healthy New Year

In this two-part workshop, you will be guided through how to set attainable goals for the New Year. You will be asked to complete a strengths and values questionnaire, and to choose one or more goals to develop an action plan.

This group is designed to help you:

- Identify your personal strengths
- Align your behavior with your values
- Set short-term and long-term attainable goals
- Receive support from peers

DATES AND TIME:

- Thursday, January 19th from 6-7pm – Part I
- Thursday, January 26th from 6-7pm – Part II

LOCATION: KKJ Forensic & Psychological Services 5317 Highgate Drive Ste. 213
Durham, NC 27713

Cost: \$35 per session

Workshop will be facilitated by Dr. Whitney Wall

There is a maximum of 10 people for the group

To Register: Call 919-493-1975 OR

Email: Lansdell@kkjpsych.com

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