



ALTERNATIVES IN PSYCHOLOGICAL CONSULTATION'S

THRIVE GROUP

Are You Looking for Assistance With:

Decreasing Stress Addiction Self-Acceptance
Developing Healthy Relationships
Managing Anger & Worry Improving your Mood
Letting Go of the Past And More

If so, consider attending our weekly THRIVE Group! It will help you not only grow, but prosper by learning skills to manage many of life's challenges. Curriculum is evidence based (proven effective). 8-week suggested attendance. APC accepts various insurances and private pay.

Location: APC—Summit Bldg
6737 W. Washington St. Suite 1300
West Allis, WI 53214



More Info & to Register: 414-358-7144 or www.altlig.com
(If in doubt, call to determine which group would be most appropriate for you.)

Men's Thrive

Tuesdays, 6-7:30 pm

Topics discussed can include:

- Life Choices
- Creating Meaning
- Community Resources
- Coping with Triggers
- Recovery Thinking
- And More!

Women's Thrive

Thursdays, 6-7:30 pm

Topics discussed can include:

- Self-Nurturing
- Healthy Relationships
- Compassion & Safety
- Taking Good Care of Yourself
- Setting Boundaries
- And More!