

Discovery Unlimited



Beginning on October 17th, 2018
and continuing every Wednesday
from 1:00 PM to 2:30 PM

Need help with building relationships? Establishing Boundaries with family, friends, and acquaintances? Would you like to learn more about stress and be able to reduce your anxiety in social settings? APC is now offering a group that can help you foster and enhance your social skills, assisting you to discover your unlimited potential!

Focusing On:

- Peer to Peer Interaction
- Stress Reduction
- Active Listening
- Anxiety Reduction in Social Settings
- Conflict Resolution
- Self-care and Meditation
- Boundary Setting
- Effective Communication
- Anger Management

To attend this group, please contact Steve Morgan, (414) 206-6700, Ext. 3118, or Email: CCSReferrals@altlig.com, for a referral.



Groups will meet in our Summit, Out-Patient Department, Suite 1300 (3rd floor)

Located at 6737 W. Washington Street, West Allis, Wisconsin, 53214