



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](http://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

**Tuesdays 10:30 am -12 pm**

Topics discussed can include:

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