

*Are you dealing with self-doubt, depression, anxiety, loss, or stress?  
Do you find yourself in repeating patterns with unsatisfying relationships?  
Are you struggling with personal, career, academic, or social challenges?  
Is it hard for you to feel or express your anger or deal with anger from others?  
Do you want to free yourself to create relationships  
where truth can be spoken, feelings can be expressed, and trust can exist?*

## Join us in Living Life Fully Creating Emotional Health and Happiness

### An Ongoing Therapy Group

- Work through the pain of the past - create healthy relationships in the now.
- Establish healthy boundaries and practice effective communication skills.
- Learn specific tools to safely express your feelings.
- Explore your life's purpose, meaning, and spiritual growth.
- Reclaim spontaneity, joy, and clarity about your future.

Led by licensed therapists, trained by the John Bradshaw Center and experienced in recovery, who have been helping people achieve their goals for over 30 years.

**Tuesdays**  
**7-9pm**  
or  
**Thursdays**  
**10:30am-12:30pm**



**Berkeley**  
**\$50 per session**  
Sliding-Scale  
Fees Available

## Counseling With Heart - Producing Results That Work

Our Groups Provide You with a Living Experience of Emotional Health

**CALL (510) 527-2100 for a FREE FIRST SESSION**