

# HEALTHY RELATIONSHIPS AND LIFE SKILLS GROUP



## FACILITATED BY

**DR. LINDSAY BRACKMAN**

### Topics Include:

Assertive Communication

Active Listening

Setting Boundaries

Identifying Core Values

Coping with Stress

Saying "No"

**New Support  
Group for  
Females  
Age  
13 - 17**

**Tuesdays  
6pm - 7:30pm  
Starting  
August 18**

 **New Day**  
Psychotherapy Group

6101 Ball Rd. Suite 304  
Cypress, CA 90630  
562-431-8822 x 100  
info@newdaygroup.org

**\$40 per session**