Anxiety and Faulty thinking traps

|  |  |  |
| --- | --- | --- |
| Anonymous |  | **Please join Family Counseling of Columbus (FCC) for a discussion about common thinking traps that sound rational but only keep us feeling bad about ourselves.****You will discuss:****How to identify them****Steps to challenge them** **So you can live a more fulfilled life.** |

**May 31, 2019**  11:00am – 12:00pm

The Homeless Resource Network

2221 2nd Ave, Columbus, GA 31901

**This class is open to the public**

|  |  |  |
| --- | --- | --- |
|  |  | The Family Center  Family Counseling of columbus  1350 15th Ave, Columbus Ga 31901  (706) 327-3238 |  www.thefamilyctr.org |

|  |  |  |
| --- | --- | --- |
|  |  |  |

****