Anxiety and Faulty thinking traps

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| 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**

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

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