



Conscious Connections

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Building & Sustaining Balance in
Relationships

Do you struggle with effectively communicating your needs?

Is “helping others” hurting you? Is it hard to say no without feeling guilty?

Do you apologize to keep the peace in your relationships?

This 6-week group is designed for people who want more satisfying and stable relationships in their lives. This interactive group will offer education and experiential tools to increase awareness and promote balance when relating to ourselves and to others. Participants will have the opportunity to explore and build skills in the following areas:

- ❖ The development of mutually beneficial boundaries
- ❖ The art of skillful and effective communication
- ❖ Balancing self-care with caring for others
- ❖ Developing your own personal Bill of Rights

Date: Tuesdays-- September 15-October 13, 2015

Time: 6:00 to 7:45 pm

Place: 333 South Plant Avenue, Tampa, 33606

Cost: \$260 for 6 weeks

Facilitated by Jodi DeSciscio, LMHC, CAP

For more info or to register call 813-817-2709 or email ricjodi@verizon.net

Flexible Payment Schedule Available