Positive Thinking

9:30-10:30 am EVERY FRIDAY

*Improve the quality of your life and recovery
*Learn healthy, positive coping skills
*Increase your resiliency
*Reframe negative thoughts
*Feel more confident and in control of your life
*Find more personal satisfaction
*Maintain self-awareness
*Improve your interaction with others

For More Information Contact:
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Facilitated by
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SANTA CLARA COUNTY
Behavioral Health Services
Supporting Wellness and Recovery