

# Challenging Negative Thoughts!

**Turn Negative Thinking into Positive Action!**

Take control of your thoughts and feel more confident every day by learning how to:

- Question and reframe negative beliefs
- Build a healthier mindset for daily life.
- Identify unhelpful thoughts.

**TUESDAY 10 FEB 2026**  
**3:00PM EST**  
**VIA ZOOM**

Attendees must register for Zoom link to be sent to their email address.

