

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
- Identify unhelpful thoughts.
- Build a healthier mindset for daily life.

TUESDAY 10 FEB 2026
3:00PM EST
VIA ZOOM

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



REGISTER NOW

