

JANUARY THERAPY GROUPS AND LIFE SKILLS WORKSHOPS

DVRC-33 Journey, Suite 150, Aliso Viejo, CA 92656

Monthly Art for Healing Workshop

January 6th

4-6 pm

Facilitator: Art and Creativity for Healing

DV Support Group

January 14th

5-6 pm

Facilitator: Megan

Creative Voice Workshop

January 17th

1-2:30 pm

Facilitator: Brianna

Stress Reduction with Meditation, Breathwork, and Aromatherapy

January 30th

4:30 pm-5:30 pm

Facilitator: Dina Kleiman

DVAC-12453 Lewis St, Suite 201, Garden Grove, CA 92840

Goal Setting Workshop

January 2nd

5:30-7:30 pm

Facilitators: Julia & Dana

Stages of Development Workshop

January 21st

5:00-7:00 pm

Facilitators: Dana & Stephanie

Grupo de Apoyo

28 de Enero

5:00-7:00 pm

Presentadora: Stephanie

*For more information & to confirm eligibility for advanced groups/workshops, call 949-361-3775.

*Registration and intake are required before workshop participation.

*Completion of PEP required prior to Advanced Group Participation.