



Living Intentionally, Fully and Effectively

L.I.F.E. is a series of therapeutic groups to assist you in reaching your full potential. By recognizing how your thoughts, feelings and actions interact, you can improve your self-esteem, and work to create the life you desire. Each group builds on the one before it, but can also be taken independently. All groups are open to men and women who are eligible for FFSP services.

- L.I.F.E. 1 - Living Intentionally: Learning how thoughts, feelings, and behavior effect one another (10 weeks).
- L.I.F.E. 2 - Living Effectively: Developing self-acceptance, assertiveness, and purposeful living (8 weeks).
- L.I.F.E. 3 - Living Fully: Creating deeper understanding of myself and the vision I have for my life (8 weeks).

FREE! Fleet & Family Support Center

Call to register and for dates, times, and location. **1-866-854-0638**

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