



HEADS UP!

LIFE SKILLS GROUP

- ✓ Goal Setting for Success
- ✓ Effective Communication
- ✓ Managing Stress
- ✓ Decision-Making and Risk
- ✓ Managing Time and Money
- ✓ Building Relationships

When? Thursdays - 3:00 pm **Where?** Online, Via ZOOM

This group will teach skills that can be applied in many areas of your life. With PRACTICE, all skills learned in group can be used in your daily life.

For Zoom link & questions call

Martiza Vizcarrondo

(305) 576-6611 ext. 3102

email:mvizcarrondo@borinquenhealth.org

Bianca Jean Pierre

(305) 576-6611 ext. 3103

email:bapierre@borinquenhealth.org

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MEDICAL CENTERS