



BALANCE & THRIVE

MENTAL HEALTH COUNSELING AND PSYCHOEDUCATION

Premier Service Provided by Experienced, Qualified & Compassionate Professionals

Introduction to Balance & Thrive & The *Thriving Model Workshop Series*™©

We invite you to join us for coffee & bagels and learn more about our team, the services we provide, and our approach to treatment.



Our treatment approach is based on the *Thriving Model*, which is now offered as a 14 week workshop to all of our clients to help enhance treatment.

The *Thriving Model Workshop* is a series of workshops designed to guide individuals to learn how to make choices that reinforce their strengths and overcome obstacles.

The workshop includes a therapeutic workbook which coincides with the psychoeducation presented.

A parenting workshop is offered that parallels the individual model, designed to help parents learn strategies to empower their children.

The virtual or in person introduction is offered on the following Mondays:

August 5th or 19th, 10:30 am to 11:30 am

August 5th or 19th, 6:30 pm to 7:30 pm

September 9th, 6:30 pm to 7:30 pm

September 16th, 11:45 am to 12:30 pm

**Call 201-389-3653 or 201-444-8110 or
email vicky@balanceandthrivecounseling.com to register**

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Raising Thriving Children Workshop
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Thriving Model Workshop