

# Learn outside of the therapy room

with seminars &  
workshops!



## TOPICS INCLUDE...

- ✓ Walking Your Child Through Anxiety
- ✓ ADHD Support & Education
- ✓ All About Attachment: Setting your Child Up for Success
- ✓ Women's Self-Image Workshop
- ✓ Parent-Child Relationship Training
- ✓ Emotion-Regulation through Play
- ✓ Co-Parenting as Divorced/Separated Parents
- ✓ Topics by request



call or e-mail for info & registration:  
**704-750-1570**  
**mary@surehopecounseling.com**

## IS THIS FOR ME?

Are you in need of some extra help outside of your weekly therapy session? Maybe you need some support, but don't need regular counseling. Many people benefit greatly from attending seminars or workshops to provide extra education or group support. Seminars and workshops are offered both ONLINE from the convenience of your home and LIVE to provide a space for discussion or consultation. Visit our website or contact me for more information.

**SureHop**e

COUNSELING & TRAINING CENTER  
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[www.surehopecounseling.com](http://www.surehopecounseling.com) for more training information