



Life Skills classes are a resource to help increase your capacity to function in **relationships**, understand yourself, and be able to successfully relate to people around you. Classes are confidential and **safe**.

Anxious? Depressed? Addicted? Find hope & healing.

Life Skills is unique program to help you understand problem behaviors and equip you with the **tools to be re-parented God's way**. God intended families to love, validate, and teach in safe and nurturing ways — to help you be all you were designed to be and launch into the world with the tools and experience to manage life in a mature and healthy way.

Many of us weren't born into families that could give us this solid foundation. But the good news is that if you are willing and teachable, **you can heal and overcome the traumas** and incorrect beliefs holding you back. There is hope!

Life Skills is a powerful resource to help you **understand the underlying reasons** for destructive behaviors — including feelings of worthlessness, cycles of conflict, people-pleasing, control and trust issues, and addictions of all kinds. These behaviors are efforts to feel better, but in reality, they keep you in the dark. Learn how to break free and **become the amazing individual God created you to be!**

Learn more about upcoming classes near you! (510) 386-7299

BayAreaLifeSkills.com

