

# Seeking **STRENGTH**

Ages 26-59

## JOIN US-IT'S FREE!



### Learn New Skills

- Learn ways to detach from emotional pain
- Identify how to navigate through moments when triggers or feelings are overwhelming
- Practice ways to live in the present by finding new ways to cope



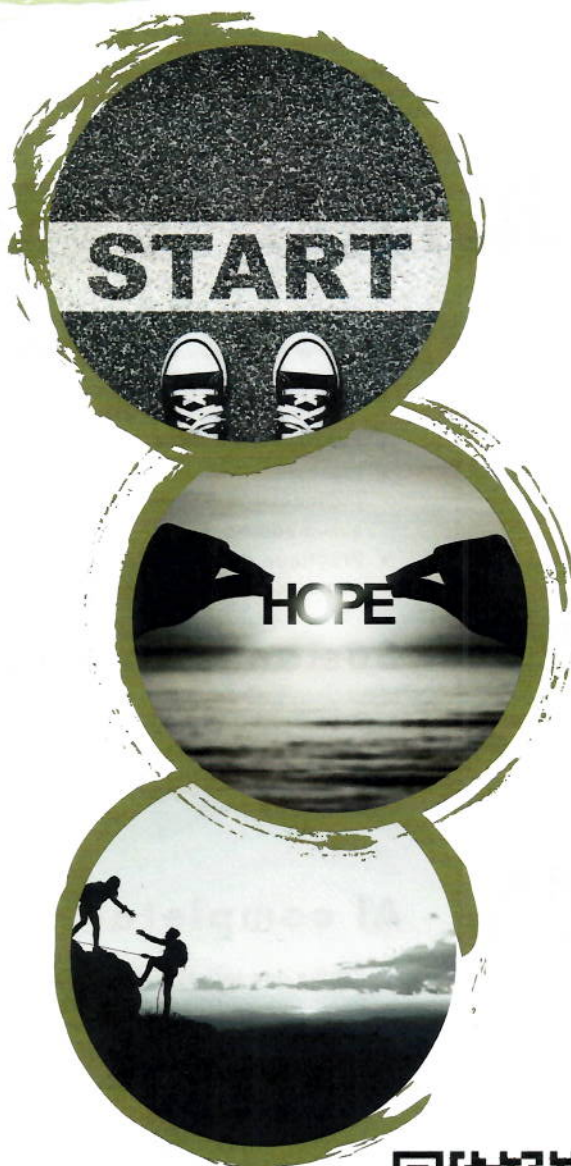
### Group Settings

- Virtual or in-person
- 8 week group; meeting weekly for 1 hour
- Small group setting





### Upon Completion


- Receive a \$20.00 gift card
- Certificate of Attendance



**LIMITED SEATING - REGISTER TODAY!**  
**CALL OR SCAN QR CODE TO RESERVE YOUR SPOT.**

 951-955-3448

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 <https://www.ruhealth.org/behavioral-health/prevention-early-intervention>

