



Alpine Springs Counseling, PC

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LIFE WORKS

By Narda Reigel, CAS

LIFEWORKS: The Journey to Wholeness – HOW DOES YOUR LIFE WORK?

Starting: August 23, 2021

Format: Online via Zoom

Group Time: Monday's 5:00 pm to 6:30 pm

Cost: \$40 per session

To sign up: PO's or clients please call office or email info@alpinespringscounseling.com to sign up

What is LifeWorks? LifeWorks is a 12 week program approved for DUI 4+, DV, and other court ordered treatment. LifeWorks is a Cognitive Behavioral Treatment (CBT) model that utilizes strength based positive psychology tenants. It is designed to support clients in their journey to wholeness including pro-social, low risk lifestyle choices

TOPICS INCLUDE (but not limited to):

- ✓ Values, Boundaries, Morals, & Ethics
 - ✓ Fixed Mindset vs. Growth Mindset
 - ✓ Communication Skills
 - ✓ Focus and Self-Control
 - ✓ Healthy Relationships
 - ✓ Social Skills - Making Connections
 - ✓ Health & Wellness
 - ✓ Emotion Management
 - ✓ Finances
 - ✓ Career Planning
 - ✓ Goal Setting
 - ✓ Community
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