

C4 BROADWAY: 5710 N BROADWAY

LETTING GO

WITH TOM

STARTS WEDNESDAY JANUARY 4TH 10A-11A IN RM 211B

Most of us, have behaviors we participate in that we just can't seem to stop, even though we know they are bad for us. This group will explore how we started in these behaviors, why we stay with them after they are no longer effective and skills we can use to stop doing things we don't want to do.

Interested? please reach out to Rita about a referral to participate at 872-235-0200 or rita.pansky@c4chicago.org