
Life Coping Class

Needing some ideas to deal with life's stressors? Join us for a 6-week class that will discuss common life stressors and provide new strategies and activities to help fight these stressors in hopes of providing balance for a more fulfilling life.

**Wednesdays: Sept 11th, 18th, 25th, Oct 2nd, 9th,
and 16th from 1-2 p.m.**

**Location: Eagle View Adult Center: 1150 Prairie
Center Pkwy, Brighton, CO 80601**

**Facilitator:
Brittany Popelka**

**Please Contact Eagle View Adult Center to register
303-655-2075**

Pennock
center for counseling

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