



# PROMOTING HAPPINESS

## **A group about Positive Psychology**

A 4-week class that will bring your life balance and joy by learning the secrets to accessing happiness. Build happiness, resilience and motivation in this class that will teach you tools to help change your outlook on life. Our goals will be:

1. Good self-care
2. Feel Good
3. Stress Less
4. Have Fun

**Beginning  
Thursdays Jan. 18<sup>th</sup>  
9:30 to 10:30 am**

**\$10 per class**

**Don't Miss it!**

**Some scholarships  
are available\***

**Introducing the  
power of Positive  
Psychology**

## **PENNOCK CENTER FOR COUNSELING**

211 S. 21<sup>st</sup> Ave. Brighton,  
CO 80601  
303-655-9065

Register today!  
Call Rachel Morici-Leirer,  
LPC at Ext. 11