



# REQUEST A SPEAKER

Are you looking for a speaker for your organization? Would you like help with a particular topic?

**Pennock Center for Counseling  
would be happy to help!**

Our experienced therapists are available to speak on a variety of subjects. If you are interested, please contact us at 303-655-9065.

*Compassionate mental health services based on a  
foundation of hope and change.*

## POSSIBLE TOPICS:

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Enhancing Your Mood  
Increasing Happiness  
Taking Care of the  
Caregiver  
Stress Management Tips  
& Tools  
Mindfulness & Your Health  
Understanding Depression  
Understanding Anxiety  
Helping Someone Through  
Loss & Grief  
Tools for Good Self Care  
Setting Healthy Boundaries  
Healthy Relationships  
Love Based Parenting  
Managing Hard Emotions  
Transitions

**Pennock**  
center for counseling

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