



# ADVANTAGE

## MENTAL HEALTH CENTER

### Skills and Coping Workshops

Weekly meetings where you can learn from the facilitator and others who are experiencing similar issues.

#### Each workshop encourages you to:

- ▲ Develop stress tolerance and coping skills
- ▲ Build self-esteem
- ▲ Live in the present without judgments or fear
- ▲ Learn crisis intervention skills
- ▲ Reverse negative core beliefs of thinking
- ▲ Work through feelings that may be keeping you from reaching your potential
- ▲ Find support and learn from others experiencing similar issues



An expert in counseling and coping skills training, the facilitator, **Danielle Thomassy**, holds a masters in social work and is a certified addiction professional. Mrs. Thomassy also has experience using dialectical skills training and can perform EMDR (Eye Movement Desensitization and Reprocessing). EMDR and dialectical skills training techniques have been heralded as the “gold standard” and “breakthrough” techniques to help with a variety of mental health issues.

# SKILLS AND COPING WORKSHOPS

## ADOLESCENT SUPPORT AND COPING

For teens who experience anxiety, worry, stress; are struggling to cope with peers, social situations and expectations; or are unsure of how to handle the ups and downs of teen life. Allows teens to gain greater insight into the way they think, act and react; gives them tools to help develop into a confident, mature, and thoughtful adult.

## PARENT SUPPORT AND COPING

For parents of adolescents. Learn how to have a healthy, harmonious relationship with your teen.

## ADULT SUPPORT AND COPING

For adults who are facing mental health issues (anxiety, social anxiety, depression, etc.) and strive to move their life forward and attain a level of personal happiness and fulfillment. The support group will help address current and ongoing issues so they are better equipped to deal with them.

## THOSE IN RECOVERY FROM SUBSTANCE OR ALCOHOL USE DISORDER

Addiction is a brain disease that changes how the brain works. These brain changes can last a long time and can hamper a person's ability to stay "clean and sober" – even though he/she might have a very strong desire to be drug or alcohol free. Find support, learn coping skills and share with others going through similar challenges with their substance use issues under the direction of a certified addiction professional.

## FAMILY OF THOSE IN RECOVERY SUPPORT AND COPING

A chance for family members (parents, spouses, siblings, etc.) to learn about the disease of addiction and how best to support a loved one who is facing the challenges of substance use issues.

For more information visit us online at [www.advantagementalhealth.com](http://www.advantagementalhealth.com) or call **727-600-8093**