2024 Workshops at Balance Point Wellness

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| Date/Time | Title | Location | Description | Cost |
| Begins 1/24  Wednesdays  5-6PM  8-week session | Adventurous Solutions  Ages: 18+ | Genesee Valley Outdoor Learning Center | Challenge your comfort zone in this skill building group using solution-focused techniques. Identify your personal goals and learn creative approaches to problem solving while connecting with others. Activities will be held both indoors and outdoors. Led by Annmarie Chiarini, LGPC. | Most Insurances Accepted |
| Begins 1/30  Tuesdays  5-6PM  8-week session | Becoming a Balanced Parent | Genesee Valley Outdoor Learning Center | Parenthood can be challenging and sometimes even isolating. This group will focus on increasing connection with others as we explore the highs and lows of parenting. Learn to be more intentional and balanced as a parent through reflective exercises. Explore your personal values, triggers, boundaries, and strategies for creating a health connection with your child(ren) and yourself. Led by Jessica Qureshi, LCPC. | Most Insurances Accepted |

Interested?

Complete this screening form to begin the registration process: <https://t.ly/-e1Q9>

Questions? Contact Our Intake Team!

#410-800-2169, Ext. 1350

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