



HEALTH FOR LIFE

— GRAND RAPIDS —

Ask a Counselor events by Health for Life Grand Rapids

www.healthforlifegr.com | 616-200-4433

At JamnBean Coffee Company

6860 Cascade RD SE Grand Rapids MI 49546

½ OFF ICE CREAM & DRINKS! If you mention “Health for Life”

Date and Time	Topic	Presenter(s)	Location		
Tuesday 6/13/17 at 6:30pm	Tips for a Healthy Marriage	Denise DeJonge, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	
Wednesday 6/14/17 At 6:30pm	How to Drug-Proof your Kid	Paul Krauss, LPC and Adam Nash, LLPC	Cascade Jamnbean	6860 Cascade Rd SE	
Wednesday 6/21/17 at 6:30pm	What is Trauma and PTSD, what do we do about it?	Paul Krauss, LPC	Cascade Jamnbean	6860 Cascade Rd SE	
Tuesday 6/27/17 at 6:30pm	Why try Premarital Counseling?	Denise DeJonge, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	
Wednesday 6/28/17 at 6:30pm	Why go to Counseling?	Paul Krauss, LPC	Cascade Jamnbean	6860 Cascade Rd SE	
Tuesday 7/11/17 at 6:30pm	What is Unidentified Grief?	Billie Walters, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	
Wednesday 7/12/17 at 6:30pm	How to Communicate with Your Teen	Adam Nash, LLPC	Cascade Jamnbean	6860 Cascade Rd SE	
Tuesday 7/18/17 at 6:30pm	Three Ways to "Trick" Anxiety	Billie Walters, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	
Wednesday 7/19/17 at 6:30pm	What is health coaching and how can it help?	Nicole Vega, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	
Tuesday 7/25/17 at 6:30pm	Introduction to Mindfulness	Billie Walters, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	
Wednesday 7/26/17 at 6:30pm	What is anxiety? Tips to manage it.	Nicole Vega, LMSW	Cascade Jamnbean	6860 Cascade Rd SE	

All talks will feature a short presentation, followed by a question & answer session

These talks are meant for educational purposes only and are not a substitute for treatment of any kind. If you need to see a professional, please schedule an appointment w/ a qualified professional.