



LIVING WELL COUNSELING AND CONSULTING, LLC  
A CHRISTIAN COUNSELING CENTER

# Group Counseling Opportunities



**Closed groups will meet weekly and are comprised of eight individuals.  
Cost: \$15 per 2.5 hour session**

(Dangerous Men group limited to women attendees 19 and above)

## Identity Group

No childcare is available.

Weekly Topics:

- Who you are, Why you're here and What you do best
- Doing What Comes Naturally
- There are no Second Fiddles
- Melodies for Life
- Chords that Touch Your Soul
- Passions—What God puts in Your Heart
- Orchestrating Your Priorities
- For Whom will you Play?
- A Final Note

## How to Spot a Dangerous Man

No childcare is available.

Weekly Topics:

- Understanding the Face of Dangerous Men
- Red Flags and Red Alerts
- The Permanent Clinger
- The Parental Seeker
- The Emotionally Unavailable Man
- The Man with the Hidden Life
- The Mentally Ill Man
- The Addict
- The Abusive or Violent Man
- The Emotional Predator
- Signs of a Bad Dating Choice
- Heed Your Red Flags
- New Life, New Choices

LIVING WELL COUNSELING AND CONSULTING, LLC  
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761 N. Thornton St.  
Suite C  
Post Falls, ID 83854  
www.livingwellcc.com

Phone: 208-457-1999  
Fax: 208-457-1999  
E-mail: kriss@livingwellcc.com

The Dangerous Men group will be followed by two more groups in a series:

- Safe People (13 weeks)
- Boundaries (13 weeks)



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**NO CHILDCARE IS AVAILABLE**

## Emotions and How to Work with Them

### Weekly Topics:

- Understanding Your Emotions
- Emotions and Health
- Overcoming Anxiety
- Anger
- Forgiveness
- Finding truth
- Escaping the Guilt Trap
- Coping with Depression
- Burnout

Living Well Counseling and Consulting is offering the following two therapy groups upon request. Please call for more information

- Divorce and Recovery
- Building Strong Families
- Family Issues We Face Today
- Grief and Loss
- Adult Children of Alcoholics
- Depression
- Co-Dependency and Abuse
- Shame and Trauma

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