

MONDAY GROUP DISCUSSION TOPICS WITH DR. CAROL BREILING



Getting Past Your Past

Learn How our Thoughts,
Beliefs, Assumptions and
Self-concepts can Keep us
Resistant to Change

Discover What Your Limiting
Beliefs May Be

The Mind-Body Connection:
Do our Emotions and our
Frame-of-Mind actually
effect our Physical Health
and Organ Function?

Explore the Interplay of the
Consciousness & the
Subconscious Mind

Going Outside to Go Deeper
Inside: Enjoy Outdoor Hikes
and Discussions in Nature

Is it Possible, you are being
held back by "Unfinished
Business"?

Do You Have a Fear of
Dying? Explore New
Perspectives and
Life-After-Life Concepts

Are we Only Limited to our
5-Senses? Let's Explore
Extraordinary Experiences

***Plus, Other Topics of
Discussion too!***

What it is like to be in a
"Wilderness Experience"
like no other....

[http://www.enduringchang
e.net/images-to-
experience.html](http://www.enduringchange.net/images-to-experience.html)

Still Stuck?

Individual Sessions /
Couples Counseling are
Available by Appointment

SCHEDULE

Weekly Discussion Groups

Monday Morning

9:30 AM – 11:30 AM

Monday Evening

6:30 PM – 8:30 PM

Group Rate:

\$20 per person

Cash * Check

Venmo or Zelle

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LOCATION:

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Suite 625 (for Groups)

Suite 515 (Priv. Sessions)