

Small Steps



A Balanced Life LLC
creating family wellness

TOWARD CHANGE

4-WEEK SOLUTION-FOCUSED
GROUP CENTERED ON
RECOGNIZING STRENGTHS,
BUILDING ON WHAT'S ALREADY
WORKING, AND EXPLORING SMALL,
REALISTIC STEPS TOWARD
CHANGE.

- OPEN TO ADULTS AGES 18+.
- CLOSED GROUP

Take One Step

Build On It

What's Working?

INFORMATION



When?

- Saturdays 10 -11:30 AM
- 4 Weeks
- Beginning October 3rd through October 24th



Where?

- In person: 6155 Oak St,
Kansas City, MO 64113



Cost?

- FREE — No cost to participants!

SIGN UP

- Scan the QR Code to complete a brief interest form:



Sign Up Link

CONTACT



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<https://www.abalancedlifellc.com/>

**Group facilitated by Tumelo (Tumi)
Musamali Counseling Intern
Under the supervision of Nicoletta
Garcia, LCSW.**