

Life is not what
happens TO you.
You have more
power than you
think!

Groups available for
adolescents and adults at
6 Hullcrest Road
Essex Junction, VT
(other locations possible)

8 sessions: \$350

Learn more about how to join
an 8 session group!

Email Today

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Support-Ed llc



Linda Barnes, M.A.
Founder & President
SupportEd.

www.supportedllc.com

**YES, YOU
CAN!**

Change your thinking,
Change your life.



A small group experience
to explore changing your
perspective, listening to
your true voice and
sustaining positivity.

Practice

Mindfulness

Self-awareness

Awareness of others

Shifting perspective

Making small changes

Overcoming limited
thinking

Expressing Gratitude

Compassion

Experience

Clarity

Tapping your energy

Consciousness

Attitude Shift



“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

- Albert Einstein

Who Should Join?

Anyone who wants to:

- Elevate his/her mood
- Experience more success
- Set goals
- Meet goals
- Live on purpose
- Make the world
a better place



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CAN!**

(Really)

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Change your life.