



ASAP WORKSHOP

EMOTIONAL HYGIENE

A one of a kind experience tailored to help you improve your daily life, increase energy, and help you develop routines for emotional and personal success.

***Starting August 13th through September 10th
Thursdays – 3:00p to 4:30p***

Emotional hygiene promotes resilience, confidence, and a type of emotional health that can only be obtained by tending to yourself.

This ASAP Workshop for Emotional Hygiene Includes:

- Five online group workshops that will lead you through assessing and developing your current emotional hygiene needs and plan.
- Activities and ideas to help guide you through elevating awareness, fostering a commitment, and increasing your emotional resiliency and connection.
- Direct feedback and encouragement to help you develop, modify, and enhance healthy daily routines to maximize the possibility of each day.
- The support community that you will develop with your peers where you can connect with others seeking similar improvements, share ideas, and address roadblocks.

Facilitated and developed by Tom Hill, LPC. Tom has over 16 years of experience teaching individuals and groups how to engage their emotional health and well-being through awareness, compassion, and emotional hygiene. Integrating his experience as a mental health trauma therapist, he engages others and the world with a passion for growth, healing, and exploration.

**Five live 90-minute
online group
workshops**

**A workbook to help
you find what works
for you**

**Learn skills and tools
that can improve
your energy**

**Take action to
enhance your daily
experience**

**Group size is limited
Call today!**

Tom Hill, LPC
HILLTOP THERAPY SOLUTIONS

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