



TO BLOOM OR NOT TO BLOOM

A Five Part Series by Hal Pullin

SOWING THE SEEDS TO BLOOM

“Overcoming Addictions & Other Bad Habits”

Sat., Nov. 19th • 11:00 to 2:00

Seeing the Big Picture: A better plan for overcoming negative habits including long-standing addictions

Recommend for:

1. Anyone interested in how we can change ourselves
2. Anyone interested supporting positive change in others.
3. Anyone interested the treatment of those with dual diagnoses (addictions with underlying emotional issues)

Workshop includes a workbook and Hal's list of the ten most important questions for a full life. If you don't know the questions, how will you find the answers? Go to www.halpullin.com for list of all five workshops.

Early sign-ups are recommended because seating is limited to 20.

Hal Pullin, M.A.
Licensed Mental Health Counselor

Counseling and
Psychotherapy

A path to help us bloom more fully

www.halpullin.com

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