

Join Rachel Jordan, LCMHCA, for a 6-week group series focused on slowing down, exploring your emotions, and practicing healthier ways to express them.

# Common Phrases, Hidden Patterns

EXPLORING PHRASES THAT KEEP US STUCK

For adults (21+) who often say “I’m fine”, “It’s not that bad”, or “I can’t complain” - even when it doesn’t feel true.

Virtual Meetings - GoogleMeet  
Wednesdays 7:00–8:00pm  
JULY 22<sup>ND</sup> - AUGUST 26  
Flat Rate \$150 or \$30/meeting

To register contact us  
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(704) 503-8196