

**NO MATTER WHAT THE CRISIS,
THERE'S A TOOL FOR YOU!**

DON'T BREAK!

THRIVE!

Feeling overwhelmed or emotionally out of control?
Feel like you are about to break from the pressures of life? If so,
DON'T BREAK. THRIVE!

Stonewall Columbus, in partnership with Franklin County Office of Justice Policy and Programs, is pleased to introduce a new LGBTQ+ peer-led group program called **Don't Break. THRIVE!** The program is designed to teach and enhance skills to help people who are struggling and looking for ways to cope with all types of crises.

This program is open to the LGBTQ+ and ally communities.

Each week participants learn:
MINDFULNESS

Learn the practice of being fully aware and present in the moment.

INTERPERSONAL EFFECTIVENESS

Learn how to ask for what you need, how to deal with difficult situations and how to say no.

DISTRESS TOLERANCE

Learn to tolerate discomfort when it is difficult or impossible to change a situation. Learn to cope through various types of crises.

EMOTION REGULATION

Learn to manage painful emotions and cope with stressful life events.

This FREE program teaches skills that put YOU in control of your life!

The group program meets weekly and lasts for 16 weeks.

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**STONEWALL
COLUMBUS**

In partnership with



Franklin County
Board of Commissioners

**JUSTICE POLICY
& PROGRAMS**

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