



STAGES OF CHANGE ***Virtual Workshop***

Making lasting change is hard! Change is a complex process of time, commitment, emotions, and strategies. Whether we are ready for change or have the tools we need, we can face discouragement or lack of motivation along the way. It can be helpful to understand how change unfolds.

Come explore the Stages of Change Model and gain practical guidance for supporting gradual progress with change. Stages of Change Model reviewed in this workshop was created by researchers James Prochaska and Carlo DiClemente.

Presented by Michelle Sideroff, LPC



The Northwest Catholic Counseling Center

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When:

Saturday, November 20th, 2021
10:00 AM - 11:30 AM PT

Virtual Zoom Session:

Email with links for access will be sent the day of the workshop.

Register:

Online

nwcounseling.org/services/workshops/

Or Call (503)253-0964

Cost:

\$25 per household

Hardship scholarships available upon request

Pre-registration required. Workshop fee must be paid at time of registration.

Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.