

HEALTHY RELATIONSHIPS



Enriching Our Relationships:

- What prevents us from having the best relationship we can have?
- How do we change those patterns?
- How do we nurture our most important relationships?

This presentation will discuss the most common pitfalls and how to best move forward towards having the “Right Fight”.

**April 10
5 PM**

Sierra Bible Church
15171 Tuolumne Rd



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Alex Abarca LCSW



Alex Abarca, LCSW has spent most of his career providing direct mental health services and managing Behavioral Health departments. Recently, he opened a private practice called Sacred Bonds Counseling & Wellness. Mr. Abarca has served Tuolumne County since the family's move in 2015. His expertise lies in Trauma Informed Care with an emphasis on helping individuals and families overcome what can develop into disabling anxiety and depression.

