

# Positive Thinking

For More  
Information  
Contact:  
Natalie Rangel  
(408)926-7950

Clinic Peer Support  
East Valley  
Behavioral Health  
1993 Mckee Rd. #C  
San Jose, CA 95116

Facilitated by  
Natalie Rangel



## Positive Thinking

9:30-10:30 am EVERY FRIDAY

- \*Improve the quality of your life and recovery
- \*Learn healthy, positive coping skills
- \*Increase your resiliency
- \*Reframe negative thoughts
- \*Feel more confident and in control of your life
- \*Find more personal satisfaction
- \*Maintain self-awareness
- \*Improve your interaction with others



**SANTA CLARA COUNTY**  
Behavioral Health Services  
Supporting Wellness and Recovery