



Attention **Millard Parents**

*join our next Mental Health Series...*

## Everyday Happiness

Learn to develop happiness within your daily routines.

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**Course Created by:**

Brett Williams, LMFT

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In this session, learn how to create change by developing positive thinking patterns.

**Session topics include:**

- Understanding the brain and change
- What makes you?
- What forms negative and positive patterns
- Four steps to everyday happiness



**January 10, 2023**

**6:30–7:30 PM**

**via Zoom**



**Register Here**

<https://cookcenter.info/MillardJan10>

