

SOS Help For Emotions Classes & Workshop

**Learn to Manage Anxiety, Anger,
Depression, and other Unpleasant Feelings**

VIDEO SOS HELP FOR EMOTIONS

Sample Brochure To Announce
SOS Emotions Classes
Customize Your Own Brochure!

classes are for you!

**Video Workshop
SOS Help For Emotions**
can help you to:

- Know your self-talk
- Manage your emotions
- Manage your relationships
- Attain greater contentment
- Achieve your personal goals
- Increase your emotional intelligence!

**Manage your emotions
or they will manage you!**

**Video Workshop
SOS Help For Emotions**
is based on cognitive behavior therapy, a research based approach for helping people to better manage their emotions.

Beliefs and self-talk primarily determine your emotions. Knowing and managing your beliefs and self-talk will help you to better manage your emotions and relationships, and help you to achieve your goals.

When: August 24, Wednesday evening,
for five Wednesdays.

Time: 7:00pm until 8:30pm.

Where: The Improvement Center, 600 Main St.

Fees: _____ for all five sessions.

You'll learn new skills and techniques for improving your emotions by watching and discussing this video program.

Beginning August 24, we will meet five consecutive Wednesdays from 7:00pm to 8:30pm, at The Improvement Center. Contact us at 800-000-000 by August 15 to reserve your place or for more information.



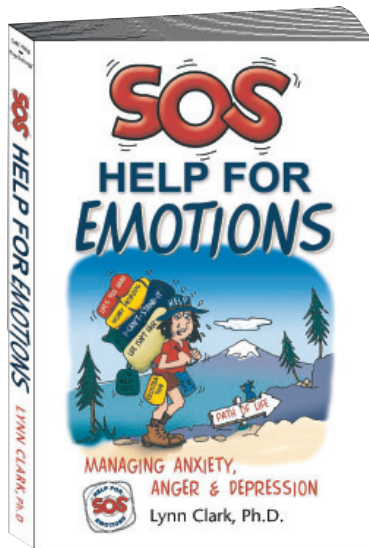
Depression!

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Anxiety!

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SOS Emotions Classes Sample Brochure & Information

Permission is granted for you to copy the images printed on this Sample Brochure, so that you can customize and print your announcement or poster advertising *SOS Help For Emotions* classes or counseling, but not for any other purposes. Do print the © note next to each illustration that you use. If you have questions, please email us at sos@sosprograms.com

As the person leading the classes or workshop, give or mail copies of this announcement to community professionals and agencies. Ask that the flyers be handed out to interested people or posted.

For additional ideas and resources to enhance your teaching or practice, go to www.sosprograms.com.

The *Video SOS Help For Emotions* and additional SOS resource materials can be used for various workshops, meeting two to six sessions. In addition, you can select parts of the *SOS Video* to support your one time presentation to a group. You can offer workshops for adults or teens using *Video SOS Help For Emotions*.

Radio, Television, and Newspaper Announcements

Many radio and television stations broadcast public service announcements for organizations. Newspapers also are interested in publicizing local events. Use the stationery of your organization and address the envelope to a specific person or to, "Attention: News Editor." Modify and send the following news release to the news media.



Anger!

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Public Service Announcement, 30 Seconds

Dates to run: _____

"SOS Help For Emotions classes will help you to improve your thoughts and emotions. Emotions don't just happen, you create them! You will learn how to change the emotions that you want to change."

"These five classes begin August 24th at 7:00pm at The Improvement Center. Call 800-000-000 to reserve a place, or for more information."

Steps for Customizing Your Announcement for SOS Classes

1. Go to "www.sosprograms.com" and then open the link FREE RESOURCES. In the section "Helping adults and teens" you will find, "Advertising Your SOS Help For Emotions Classes & Counseling Practice." You can make a similar announcement and customize your announcement to fit your objectives.
2. Copy printed sections from this "Advertising Your SOS Help For Emotions Classes & Counseling Practice" and simply paste the sections onto your announcement - the announcement that you are designing on your computer.
3. Copy SOS illustrations from "Advertising Your SOS Help For Emotions Classes & Counseling" and paste them onto your announcement. Do this by using a screen capture tool such as "Snipping Tool," which you can download from the internet. You have permission to copy up to five SOS images for use on your announcement for SOS classes, workshops, or counseling. Do print the © note next to each illustration that you use.