

SOTM Life Skills Mentoring Group

Get on your path to success with *SOTM Life Skills Mentoring Group*. The concept is based on developing balanced, self-determined behaviors and the problem solving skills necessary to successfully manage all aspects of life: self, family, community, career and leisure. Life Skills are evidence-based and experiential learning.

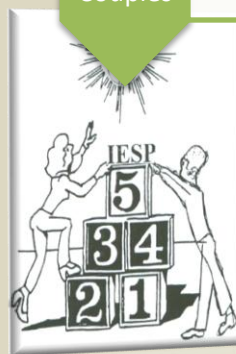
Our goal is to provide support and encouragement to help individuals:

- ✓ Change your mind, change your life
- ✓ Build a clear sense of purpose in life
- ✓ Restore peace to your life
- ✓ Overcome social isolation
- ✓ Set and achieve goals
- ✓ Change self-defeating behaviors
- ✓ Move from victim to survivor

Follow these easy steps:

	Join the group- <i>Welcome</i>
	FREE and Open to the public
	Complete new member form Call 972-709-1180 or email life.skills@sotminc.com

"We Measuring Success One Person at a Time"



Guaranteed success when you:

- Work with your Mentor
- Practice one new skill weekly
- Are patient in putting new ideas to work



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