FOCUS FORWARD
COUNSELING AND CONSULTING, INC.

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CAPTAIN CALM

A calmer, stronger you

FOCUS FORWARD
COUNSELING AND CONSULTING, INC.

CAPTAIN CALM

YOUR SUPERPOWER

Calm your body's alarm system.

PUT IT INTO ACTION

Breathe in for 3, out for 4.
Repeat 5 times.

LEVEL UP

Practice when calm, then use it when big feelings show up.

SCAN TO BOOK AN APPOINTMENT

www.focusforwardcc.com