

parenting

finances

college



work

family

Stress Management Workshop

Transforming Stress into a More Manageable Form

Objectives:

- Learn about stress
- Identify *your* main areas of stress
- Identify *your* triggers
- Good and bad stress
- Stress busting techniques

2 Hour Workshops – \$50
Morning and Evening Classes

To enroll call:

Vickie Parker, MFT (818) 676-1363 or

Lynn Ruffino, LCSW (818) 905-2316