



AFFIRMATION STONE & RED CROSS WORKSHOP

EVENT INFORMATION

Date:

Saturday, November 23, 2019

Time:

10:00 AM - 12:00 PM

Registration Required:

Contact Mallary Lass at mlass@eseal.org or 240.847.7500

*Learn more about upcoming events at <http://bit.ly/CohenClinicEvents>

Join The Steven A. Cohen Military Family Clinic at Easterseals and the American Red Cross for our Affirmation Stone and Red Cross Effective Communication Workshop. Participants will build strong communication skills to better manage life's challenges while they learn how to sculpt their own personal affirmation stones out of clay. In times of stress, transition, turmoil or change, communication skills and personal affirmations can be powerful. During this workshop, you will learn new skills that can help you visualize and create positive changes in your life.

- ★ **Open to Veterans and Military Families**
- ★ **No Cost**
- ★ **Child Care Provided**
- ★ **Free Onsite Parking**
- ★ **Metro Accessible**

LOCATION



The Steven A. Cohen
Military Family Clinic
at Easterseals

1420 Spring Street,
2nd Floor Conference Room
Silver Spring, MD 20910

Parking: Turn on Second Ave and the parking garage is directly under the Easterseals building.



**American
Red Cross**