



The Steven A. Cohen
Military Family Clinic
at Easterseals

STRESS RESILIENCY WORKSHOP

EVENT INFORMATION

Dates:

Friday, February 19, 2021
Friday, February 26, 2021
Friday, March 5, 2021
Friday, March 12, 2021
Friday, March 19, 2021
Friday, March 26, 2021

Time:

12:00pm - 1:00pm

Registration:

Please contact the Cohen Clinic at 240-847-7500 or info.mfc@eseal.org.
*Initial phone call and evaluation appointment required to enroll.

Join us for a **6-session virtual workshop** focused on increasing stress resiliency. Learn about the effects of stress and how to counteract them with behavioral, cognitive, and communication tools.

Workshop Topics Include:

- ▶ Reducing the physical effects of stress
- ▶ Using deep breathing to counteract stress
- ▶ Talking back to harmful self-talk
- ▶ Assertive communication skills

★ **Open to All Clients (Veterans, Military Families & Caregivers)**