



STRESS RESILIENCY WORKSHOP

EVENT INFORMATION

6-Session Workshop Dates:

Friday, March 16, 2018

Friday, March 23, 2018

Friday, March 30, 2018

Friday, April 6, 2018

Friday, April 13, 2018

Friday, April 20, 2018

Time:

1:00 PM - 2:30 PM

Registration is Limited:

Please call 240-847-7500 to register.

Join us for a **6-session 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

LOCATION



The Steven A. Cohen
Military Family Clinic
at Easterseals

**1420 Spring Street
Silver Spring, MD 20910**

Parking: Turn on Second Ave, the parking garage is directly under the Easter Seals building.

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