



The Steven A. Cohen  
Military Family Clinic  
at Easterseals

# STRESS RESILIENCY WORKSHOP

## EVENT INFORMATION

### Dates:

Friday, August 27, 2021  
Friday, September 3, 2021  
Friday, September 10, 2021  
Friday, September 17, 2021  
Friday, September 24, 2021  
Friday, October 1, 2021

### Time:

12:00pm - 1:00pm

### Registration:

Please contact the Cohen Clinic at 240-847-7500 or [info.mfc@eseal.org](mailto:info.mfc@eseal.org).

*\* Participants will receive an email with Zoom instructions after registering.*

Join us for a **6-session telehealth 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

★ **No Cost**

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