



The Steven A. Cohen  
Military Family Clinic  
at Easterseals

# PROBLEM SOLVING WORKSHOP

## EVENT INFORMATION

### Dates:

Friday, January 8, 2021  
Friday, January 15, 2021  
Friday, January 22, 2021  
Friday, January 29, 2021  
Friday, February 5, 2021  
Friday, February 12, 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 virtual workshop focused on positive problem solving**. Learn how to define a problem, find and implement solutions, and assess the outcome.

- ▶ Skills can be applied to a range of life problems, including relationship conflict
- ▶ Learn to handle complex situations with a series of manageable steps
- ▶ Proven to be effective to reduce depression and anxiety

★ **No Cost**

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