



The Steven A. Cohen
Military Family Clinic
at Easterseals

STRESS RESILIENCY WORKSHOP

EVENT INFORMATION

Dates:

Friday, September 25, 2020
Friday, October 2, 2020
Friday, October 9, 2020
Friday, October 16, 2020
Friday, October 23, 2020
Friday, October 30, 2020

Time:

12:00pm - 1:00pm

Registration:

Please contact the Cohen Clinic at 240-847-7500 or info.mfc@eseal.org.

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

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

★ **No Cost**

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