

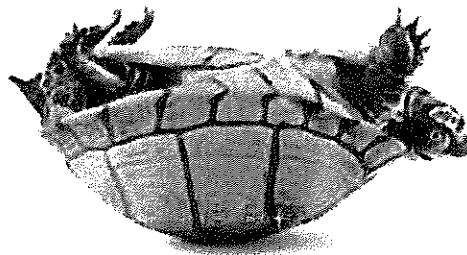


TALK LINE
FAMILY SUPPORT CENTER

Stress Management Group

Learn Skills to Regulate Stress and Begin to Develop Successful Life Strategies

Are you....
stuck?



Running into the same problems? Feeling like you are surviving without thriving? Struggling with unsuccessful habits? So stressed you can't function?

This 8-week group will help you begin to learn how to regulate your responses to stress through mindfulness practice, distress tolerance skills and education on the science of stress and how it is affected by adverse life experiences.

There will be guest speakers too!! Let's join together in helping you take the first step on your road to living a more fulfilling and stress-regulated life.

An 8-week group beginning January 19th, 2017
Thursdays 11:30 a.m. – 1:00 p.m.

Enrollment required.

Please contact Daphne Humes ext. 411 or Elissa Stevens ext. 381
Phone: 415-387-3684