

STRESS MANAGEMENT

2ND & 4TH THURSDAYS OF THE MONTH

VIA- MICROSOFT TEAMS

starting August 13, 2020

1pm- 2pm

- LEARN ABOUT CAUSES
 - HOW TO MANAGE STRESS
 - SYMPTOMS OF STRESS
 - WHAT IT DOES TO YOUR BODY
 - WAYS TO RELIEVE STRESS
 - AND MORE...
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- This will be an interactive group

For more information please call:

Family Advocacy Program– 301-677-4118

PRESENTED BY:

New Parent Support & Parent Support Programs

Strong Minds -Strong Bodies -Live Well

