

Coping with Stress

8-Week Workshop

Where:

Living Success Center
445 E. 17th Street, Suite E
Costa Mesa CA 92627

When:

March 5th-April 23rd
Saturday's 9am-11am

Eligibility:

Adults with Anxiety

Cost:

\$10 a session (8 sessions)
\$70 if paid at first session

Facilitators:

Staff

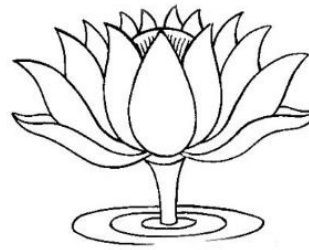
Supervised by
Marianna Thomas, LMFT

Please Call:

(949) 645-4723

Overwhelmed with Anxiety?

Difficulty Focusing with Stress?



Workshop will help Participants:

- Learn how to manage stress
- Develop skills to cope with anxiety
- Reduce high stress situations
- Learn strategies to calm overwhelming worry
- Cope with the increasing violence in the world

Call to reserve your place today!