



STRESS RESILIENCY

Steven A. Cohen Military Family Clinic At Easterseals

Join us for a 6-session program focused on increasing stress resiliency. Learn about the effects of stress and how to counteract them with behavioral, cognitive, and communication tools.

Topics include:

- ⇒ Reducing the Physical Effects of Stress
- ⇒ Using Deep Breathing to Counteract Stress
- ⇒ Talking Back to Harmful Self-Talk
- ⇒ Assertive Communication Skills

Space is limited!

Call 240-847-7500 to enroll.

Open Enrollment for Military Families and Veterans

No Cost

Childcare Provided

Free On-Site Parking

Metro Accessible

LOCATION:

Steven A. Cohen Military Family Clinic at Easterseals

**1420 Spring Street
Silver Spring, MD 20901**

Date/Time

Friday 1300-1430

First session:

March 2, 2018



The Steven A. Cohen
Military Family Clinic
at Easterseals

For information about our clinic go to www.mfc.e Seal.org