

Stress Management Group



This 7 week small group will focus on coping skills for stress management. Learn about stress, it's impact on physical and emotional health, and ways to combat the stressors in your life. Walk away with a personalized stress management plan.

Date: Mondays January 22nd to March 5th 2018

Time: 1:30pm—3:30pm

Location: NFHT

TO REGISTER

*speak with your
doctor for a referral