

# WOMEN & STRESS

We all know that stress affects us, but we may not understand it's complexity and the dynamic impact of stress on the body, mind and spirit.

Offered since 2013, this in-depth series explores gender, modern life, the stress response, coping skills and practical strategies to incorporate into our daily lives.

No quick fixes...Meaningful changes, for life.



**TUESDAYS 7PM-830PM**

**OCTOBER 23 TO NOVEMBER 13TH**

In this 4-week group for women, take some time for you...come and learn about:

**Women & The Stress Response, Digital Stress, Boundaries, Self Care & Finding Balance**

**Investment: \$250 (You're worth it)**

To Register: [info@crossroadstherapy.ca](mailto:info@crossroadstherapy.ca) or 306.665.6661

**Registration Deadline: Oct 15, 2018 Max. 10 participants**

**A brief intake is required**