

NOVEMBER 10, 2018 9:00AM – NOON

The Stress Workshop

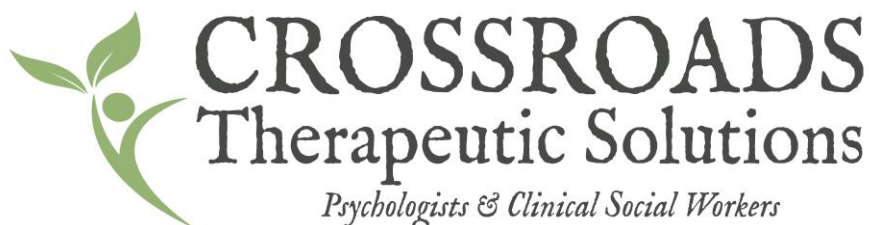
Taking the Distress out of the Stress of Life

Dr. Stephen Boechler, Registered Doctoral Psychologist #217 APE



Do you feel overwhelmed?
Think that life has given you more than you can handle?

This workshop is for you.



Understand Your
Stress and Distress

Explore the
foundations and
physiology of Stress

Identify your Red
Flags

Identify Healthy
Coping Strategies

TIME: 9:00 AM – NOON

COST: \$125.00

LOCATION:

Grace-Westminster United
Church 505 10th St. E.
Saskatoon SK

Register: 306-665-6661

Registration Deadline:
November 1, 2018