

# WOMEN & STRESS

We know that stress affects us, but we may not understand the 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-8:30PM**

**OCTOBER 8, 15, 22, 29**

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: \$349 (You're worth it)

Remember: Some EFAP's and Insurance Providers will reimburse fees

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

Registration Deadline: September 30, 2019 - A brief phone intake is required

Max. 15 participants