

Pacifica Psychological Services

Women's Wellness Workshops

What About Stress? Awareness & Coping

Each of the 6 workshops will focus on specific topics to help consider essential components of stress-management: Introduction & Self-Care Inventory; Effects of Prolonged Accumulated Stress; Holistic Approach to Stress Management; Mindfulness-Based Stress Reduction; Healing the Self: Stress Management Coping Skills. Handouts and a workshop notebook with skill-building activities will be provided.

Fall Workshop Series:

Tuesday Evenings: 7:30—9:00 PM—10/25/11—11/29/11

Winter Workshop Series:

Tuesday Evenings: 7:30- 9:00 PM— 2/21/12—3/27/12

Spring Workshop Series:

Tuesday Evenings: 7:30—9:00 PM—5/15/12—6/19/12

The fee is \$40 for each 90 minute workshop or \$200 for the 6 week series—All workshops will meet at the office of Pacifica Psychological Services in Newport Beach, CA—Dr. Kathline Colvin will lead the group. Space is limited to 8 participants for each workshop. Contact us to sign up: (714) 593-6900, www.KathlineColvin.com, or complete the registration form on the back of this flyer.