



Managing Holiday Stress Virtual Workshop

Dealing with the expectations of the holiday season can be stressful. Trying to interact with family can be stressful. Put those two together and you have the recipe for significant frustration.

Come to a place to share, destress, and learn about new ways to set boundaries and navigate the tricky conversations and situation that this season brings.

Presented by Jeremy Richardson, LPC



The Northwest Catholic Counseling Center

Serving all regardless of faith or finances

A State Certified Counseling Agency

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8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

www.nwcounseling.org

When:

Saturday, December 5, 2020
1:00 PM – 3:00 PT

Virtual Zoom Session:

Email with links for access will be sent the day of the workshop.

Register:

Online

nwcounseling.org/services/workshops/

Or Call (503)253-0964

Cost:

\$30 per household

Hardship scholarships available upon request

Pre-registration required. Workshop fee must be paid at time of registration.

Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.