



Stress Management Virtual Workshop

Have you been feeling overwhelmed with numerous pressures? Do levels of stress seem unmanageable? Have impacts of the pandemic increased your stress load?

Are you noticing stress showing up in physical, emotional, or mental reactions?

Come for a virtual support session from a knowledgeable therapist to understand the impacts of stress and learn tools to cope.

Presented by Jeremy Richardson, LPC



The Northwest Catholic Counseling Center

Serving all regardless of faith or finances

A State Certified Counseling Agency

Donations are tax-deductible. Tax ID 93-1088962

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www.nwcounseling.org

Photo Credit: <https://www.samatters.com/three-types-stress/>

When:

Friday, February 19, 2021

1:00 PM – 3:00 PM 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.