



The Center for Stress Management



SAVE THE DATE

Come join us this month. We would love to see you.



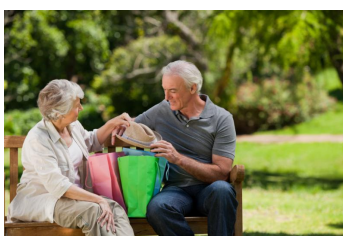
Wellness Circle

Harness the power of relaxation and positive intention. Join us as we move into the season of spring renewal. Keep moving forward in your life with the support of a positive community.

Next Meeting:

Wednesday May 3
7:15-8:15pm

[Learn More](#)



Caregiver Support Group

Please join us for a free monthly support group to share the rewards and challenges of caring for a loved one with an illness.

2nd Thursdays of the month.

Next meeting:

Thursday May 11
10 - 11:30am

[Learn More](#)



Healing Hearts Group

This new group, hosted by St. Faustina's Catholic Church, is open to anyone in the community who has experienced the death of a loved one. New members are welcome at any time and the group will be ongoing.

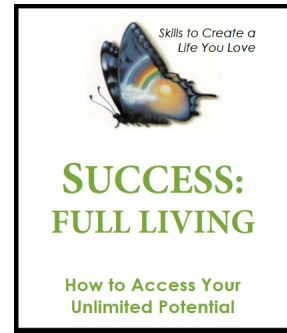
Next Meeting:

Monday May 1 & 15
10 - 11:30am

[Learn More](#)

Success: Full Living 1-day Workshop...Coming up on April 29

Success: Full Living has been designed to provide you with the necessary tools to unlock your own built-in Life Mechanism. A mechanism which, when used successfully, can help create a life that is rich in meaningful and positive life experiences.



Discover the power of:

- Goal Setting
- Meditation
- Relaxation
- Affirmations
- Attitude

Three dates to choose from: April 29, May 3 and June 10

Pick the date that works for you!

Cost: \$95 per person, \$25 SFL Graduate rate

[Learn More](#)



Who we are...

The Center for Stress Management is a multi-disciplinary team of healthcare providers dedicated to helping you! Whether you are dealing with the stressors of daily living or major stresses such as an illness, loss of a loved one or post-traumatic stress, we can help.

[Learn More](#) about the services we provide and our monthly groups.

Today's Tip

Guided relaxation exercises can be used to focus and direct your attention and increase positive emotions.

[Click here for a guided relaxation exercise.](#)

BECOME A
FACEBOOK FRIEND
