

# STRESS MANAGEMENT GROUP

with Ina Bahdanovich MSW, RSW

## WHAT TO EXPECT?

The workshop provides participants with information about

- the nature of stress,
- how the mind and body interact,
- and the opportunity to learn and practice a variety of interventions to prevent and manage stress.

**CALL (519) 442.9834**  
to determine suitability

*LIMITED SEATING*

*(Open to PrimaCare FHT patients)*

**WHEN** 6:00 pm – 7:30 pm  
Thursdays Feb 4, 11, 18, 25 and Mar 3, 10 and 17, 2016

**WHERE** Aphasia Room (Willett Hospital)  
Alexander Ave. entrance (sunroom past Lab)

238 Grand River St., N.,  
Paris, ON  
[www.pccfht.ca](http://www.pccfht.ca)

