

Stressed Out?



Families First will teach you healthy ways to cope!

Our 4-session stress management group provides the tools to help you effectively manage stress

- Self-esteem building
- Relaxation exercises
- Assertiveness training
- Time management skills
- Lifestyle changes

DATE: Tuesdays - April 27, May 4, May 11 & May 18
TIME: 3:00PM – 4:30PM
PLACE: Families First Counseling Office, 2300 Lake Park Drive, Suite 100, Smyrna, GA
COST: Sliding scale

Group leader Rosemary Wachtel, Licensed Clinical Social Worker (LCSW)

**To register or for more information,
call Families First at (404) 853-2844**

www.familiesfirst.org