

COPING with WORK and FAMILY STRESS

- ❖ 12 class sessions designed to lower stress levels at work and at home.
- ❖ Learn to prioritize your roles and create a balanced life.
- ❖ Lower tension and increase support from peers and leadership.
- ❖ Stop avoiding tough issues and **learn to love the life you're in!**



Time: Wednesdays, 1500–1630
Location: Family Advocacy, Bldg 1122
Registration: (760) 725–6636

This is an open enrollment class:
participants may start during any session.

For details visit mccsCP.com/prevention-education