

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: TBD

Location: Family Advocacy, Bldg 1122

Registration: (760) 725-6636

This is an open enrollment class; however, registration is necessary.

For details visit mccsCP.com/prevention