

The Workshop is Free and Open to Everyone

St. Luke's LifeWorks
Community Workshop
March 18, 2010
10:30 am to 11:45 am

The Mess of Stress

Presenter: Karen, Counselor / Advocate at DVCC

Topics Include:

- How do we deal with the stresses in our lives?
- What's our gut reaction, and how does that work for us?
- Where did we learn this response?
- Do we get depressed, angry, anxious?
- What coping mechanisms do we use?
- What other options do we have in terms of response?
- Domestic Violence--How Stress can act as a trigger for Domestic Violence and how experiencing Domestic Violence creates stress for individuals



St. Luke's LifeWorks
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To register contact John Dunn at
jdunn@stlukeslifeworks.org or (203) 388-0129.