

Secrets to Saving Your Sanity

Thursday May 6, 2004

7:00 pm - 9:00 pm

Hall of Vision

Cochrane RancheHouse



Taming everyday stress

Valerie Warner, BA MSW RSW

Walk & Talk Counselling for Women

“A simple sensible approach to physical and mental well being”

“Secrets to Saving Your Sanity” is a fun, light-hearted, practical two-hour presentation on taming every day stress. Modern Women are bombarded by unrealistic expectations from within themselves and by external demands from home, work, relationships, and traditions. “Problems that seem overwhelming can often be lessened by learning basic assertion skills and mental fitness tips,” states Valerie Warner. She uses humour, common sense, and personal anecdotes to the delight of her audience.

managing your emotions

handling external demands

mental fitness tips

\$25/person

to register please call

932-3400

Cochrane Family & Community
Support Services (FCSS)



Western Rocky View
Family & Community Resource Centre

the Secrets to Saving Your Sanity

