



STRESSED?

Learn how to balance school, work and stress.

Everyone experiences stress. However, sometimes the stress of balancing school, work, and everything in between can feel like too much! Come join Phil Boissiere, MFT of De Anza College Psychological and Health Services to learn just how to manage the mounting stress in your life.

This workshop is the first in a series of five workshops, brought to you by De Anza College Psychological and Health Services.

January 31, 2012 from 11:30am – 12:30pm

Don Bautista Room, Hinson Campus Center, De Anza College

These workshops are educational and not intended to provide diagnosis or treatment. For more information on the presenter, please visit www.cognitivetherapysf.com

— FREE —