

Managing Stress

A Workshop for Family Caregivers in St J



Are you feeling the negative effects of too many demands on your time and emotions? In this one evening workshop, based upon the longer Powerful Tools for Caregivers class series, we will focus on tools that will help you manage the daily stresses and challenges you face as caregivers.

Thursday, November 8th 6 - 7:30 P.M.
Conference Room 127, Northeastern VT Regional Hospital
St. Johnsbury, VT

Please Register:

Call Nancy at (802) 751-0435 or Pam at (802) 751-0427 or email info@NEKCouncil.org & put Managing Stress in subject line.