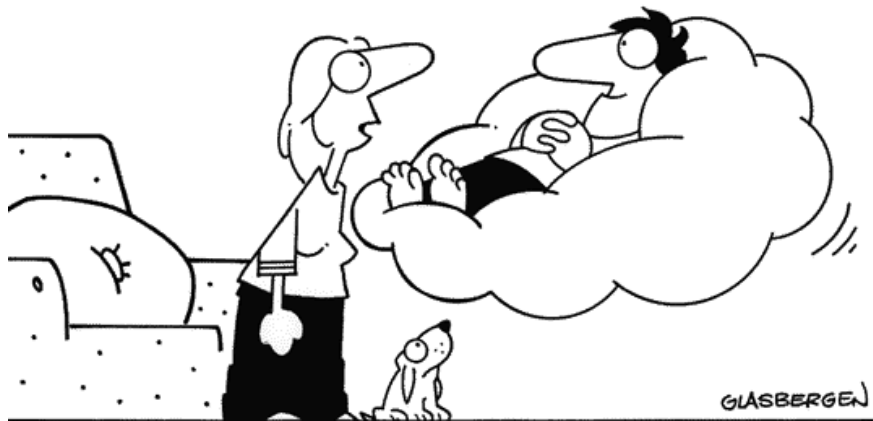


# **Stress Management Support Group**

**Mondays  
12 noon – 1:30 pm**

Need stress relief? According to the staff at the Mayo Clinic, mastering four strategies - the 4 A's will help you cope with stress. Avoid, alter, accept or adapt. It takes practice and our support group will guide you through the process. Learn techniques to reduce anxiety and gain control of life's stressors.



**“You’re getting pretty good  
at this stress management thing.”**

**No charge for Santa Monica residents (\$5 fee per session for non-residents).**

**Not a drop-in group. To reserve your place in this innovative support group, call**

**(310) 394-9871, ext. 373 or ext. 215**

**1527 4th St., (Ken Edwards Center) 3rd Floor, Santa Monica**