

BACK BY POPULAR DEMAND!



# UNDERSTANDING ANXIETY & STRESS IN A POST-PANDEMIC WORLD

## WORKSHOP SERIES

LEARN HOW TO FEEL STRONGER AND HEALTHIER IN A POST-PANDEMIC WORLD. JOIN US FOR TALKS AND TIME TO PRACTICE LEARNING A NEW TECHNIQUE EXPERIENTIALLY.

## DETAILS

WHEN  
Thursdays  
7:00-8:30 PM

COST  
\$300  
for the entire Series  
or \$60 per session

WHERE  
Our Lady of Bethesda  
Retreat Center  
7007 Bradley Blvd  
Bethesda, MD 20817

## SESSIONS

- SEP 8 STRESS IS CUMULATIVE AND IDIOSYNCRATIC –THE POWER OF CHOICE
- OCT 13 CONTROL IS NOT THE GOAL – RADICAL ACCEPTANCE OF REALITY
- NOV 10 ADVENTURES INCLUDE SOME ANXIETY – EMBRACING THE EXCITEMENT
- JAN 12 CHALLENGING ONESELF IS BETTER THAN FEELING COMFORT
- FEB 9 YOU CAN LOVE ANYONE – BOUNDARIES AND STRUCTURING RELATIONSHIPS
- MAR 2 YOU CAN HAVE A LIFE OF PURPOSE – LIVING ACCORDING TO YOUR VALUES AND GOALS

FIND MORE INFORMATION AND LINKS TO REGISTER ON-LINE.

[WWW.OURLADYOFBETHSDA.ORG](http://WWW.OURLADYOFBETHSDA.ORG)



DISCLAIMER: These talks are not therapy and are not intended to take the place of therapy. If you are in need of individual, group or couples therapy, please call Alpha Omega Clinics at 301 767-1733.