



Understanding Stress & Coping Strategies

An interactive workshop that will explore:

- Signs of Stress
- Why we may feel stress this way
- Some causes of Stress
- Tools and Coping strategies to reduce stress

To Book: Contact bookings@whfs.org.au or call 6330 5400



womens health
& family services

Wednesday
4 April 2018

10am-11am

227 Newcastle
Street,
Northbridge

No Cost

Womens Health &
Family Services
www.whfs.org.au

For more information
contact
bookings@whfs.org.au