Do you worry constantly? Do you often feel overwhelmed? Anxious?

Attend our workshop and learn:

- What stress is and how it manifests in your life
- Is there a cure?
- Common causes, signs and symptoms of stress
- How it affects children, adolescents and adults
- What you can do to build resilience
- Coping strategies to decrease negative effects of stress

Date: Tuesday, March 3, 2015
Time: 11:00 am - 12:00 pm
Place: BE 110

Presented by: Maria Cevallos, MSW
DMH, Los Angeles County

Sponsored by: The Re-Entry Resource Program
Please RSVP by contacting Shannon Estrada at sestroda@cerritos.edu or by calling (562) 860-2451, ext. 2362