

achieving
**PERSONAL
BALANCE**

MILITARY PROGRAM

▶▶ about the program



Coping with Work and Family Stress will focus on increasing the use of healthy coping skills. This program provides many positive approaches to handling the life stressors that may lead to alcohol, tobacco and other drug use. Through interactive exercises participants will develop skills that allow one to have a healthy balance in their life and learn new ways to make life less stressful.

Participants will receive a **\$100.00 gift card** upon completion of the four-session course.

participants include ◀◀

- Women and men who are active or have served in the military.
- Family members and friends 18+ of those who are currently active or have served in the military.
- If space allows, program will be open to anyone.



▶▶ the program



Where: Berkeley College, 64 E. Midland Avenue, Paramus (opposite/south of From Rd) Room 127

When: Wednesday evenings May 4, 11, 18, 25, 2011
5:30 P.M. to 9:00 P.M. A light dinner is provided.

program facts ◀◀

- Allowing time for relaxation and inward reflection
- Increasing connections to social support networks
- Reframing the meaning of stressful events
- Learning stress management techniques
- Choosing healthy alternatives to alcohol and drug use
- Releasing feelings of depression and anxiety



TO REGISTER: CALL KATHY 201 488-8680 OR EMAIL KSCHEINER@CAFSNJ.ORG

FOR MORE INFO ASK FOR CAROL



Name _____

E-Mail Address _____

Phone Number _____

Please return to: The Center for Alcohol and Drug Resources
241 Main Street, Suite 600
Hackensack, NJ 07601