

One-night Workshop presented by Diane M. Adams, Ph.D.

Tuesday, November 15 from 6:30 – 8:00 p.m.

Panther Lake Community Church

10630 SE 204th St., Kent

Holidays can be filled with good times, but for many they come with stress, fatigue or tough emotions. This workshop is aimed at helping you hone in on what matters to you (and other you care about), make some different choices, gain some new perspectives, and design a different holiday season. We'll add to that some skills for planning, reducing stress, and assertive refusal. The workshop will include both presentation and discussion.