



Is proud to present...

Emotional Intelligence

Managing Family Stress and Anxiety

Featuring **Islena Faircrest, E-RYT** (registered educator with Yoga Alliance)

Tuesday, November 24th 2015, 6:45 – 8:30 p.m.

at Mary Hill Elementary School (Library)

\$8 per couple/\$5 per single

1890 Humber Crescent, Port Coquitlam

Raising children is rewarding, but also challenging. Family life can be a source of refuge and security, but can also be a source of stress, pain and disappointment. Our families absorb many of the strains and pressures of the outside world.

In this workshop, we will learn easy-to-apply techniques to dissolve stress and neutralize anxiety. We will cover: identifying trigger emotions and adaptation strategies linked to our perceptions. Connecting the dots to thought patterns, beliefs and coping mechanisms linked to our behaviour. Learn skills and simple methods designed to get to the underlying root cause of your stress. Real-world, practical "emotional intelligence" tools for you and your family's tool bag towards a more balanced, inspired life together.

- **FREE Childminding available with advance registration at ssfspe@gmail.com by November 20, 2015**

- Light refreshments provided

"Emotional Intelligence - Managing Family Stress and Anxiety"
November 24th, 2015, Mary Hill Elementary School (Library), 6:45-8:30 p.m.

Please e-mail us at ssfspe@gmail.com by **November 20, 2015** in order to register.

Please include the following information in your e-mail:

- Names of those attending
- Telephone number
- Number and age of children requiring child minding

Payments will be taken at check-in at the seminar (please arrive early as line-ups can be long). Cheques can be made payable to 'SFSPE' or 'Southside Family of Schools Parent Education'. Walk-in registrations will be accepted only if there is space available.