



# MANAGING HOLIDAY STRESS

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THURS. DECEMBER

5

5-8PM

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For many people, the holidays can be especially stressful. Please join us for a **FREE** workshop. Learn evidence based strategies for managing stressors during the holiday season. Workshop provided by student therapists & a Registered Doctoral Psychologist.

**Space is limited. To register or find out more, please contact the Psychology Training Clinic.**

**306-585-5685 or [psychology.clinic@uregina.ca](mailto:psychology.clinic@uregina.ca)**

**Room 020 College West (below the campus bookstore)**

