YWCA Metropolitan Chicago is hosting a 2-day workshop on coping with holiday stress. The workshop will focus on:

- Learning effective ways to cope with the holidays
- Creating a holiday plan to navigate the holidays smoothly
- Practicing coping mechanisms to reduce stress

Members will be empowered to discuss, develop and practice effective coping skills through the use of creative expression.

Day 1 of workshop will begin with identifying concerns related to the holidays, then learning effective coping skills, and culminating in the creation of a plan to navigate the holidays. Day 2 of workshop will begin by discussing which strategies worked during Thanksgiving and how to improve for the end-of-the-year holidays.


If you are interested in attending, contact Gwendolyn Brooks at 630-580-8351.

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<tr>
<th>WHEN:</th>
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<tr>
<td>Monday, November 19 &amp; December 3 6:30-8 pm</td>
<td>YWCA Metropolitan Chicago Patterson &amp; McDaniel Family Center 2055 W. Army Trail Rd. Suite 140 Addison, IL 60101</td>
<td>$30 for both sessions (supplies included)</td>
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