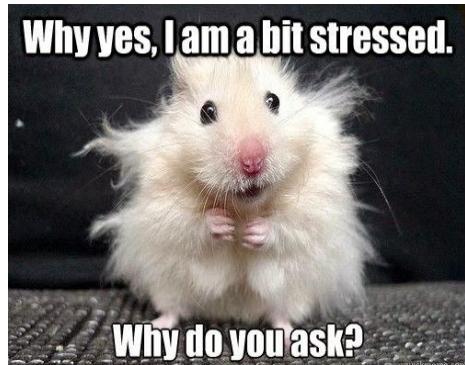




Faith and Family Presents:

WHEN TO WORRY ABOUT WORRYING: Handling Stress for You and Your Family



BE ANXIOUS FOR NOTHING
BUT IN everything
BY PRAYER & SUPPLICATION
WITH thanksgiving
LET YOUR REQUESTS BE MADE KNOWN
TO GOD
philippians 4:6

But HOW can I NOT be anxious?

BARBIE ATKINSON, MS, LPC WILL PROVIDE PRACTICAL TOOLS TO DEAL WITH THE TENTACLES OF THE OCTOPUS NAMED ANXIETY- PERFECTIONISM, PESSIMISM, PROCRASTINATION, AVOIDANCE, ANGER, IRRITABILITY, BLACK & WHITE THINKING, AND/OR CONSTANT WORRY.

Thursday, March 22 at 6:30 PM in Servant Hall

LIGHT BITES AND DRINKS PROVIDED

****Free Child Care and Tutoring/Homework provided with RSVP**

(SEE ATTACHED FLYER FOR DETAILS)

