



Circle of Care  
Sinai Health

# Virtual Stress Management Support Group

For persons 55+, this six-week support group is designed to educate and elaborate on stress. We begin by understanding what stress is and how it impacts the body and mental state. We will build on stress management techniques leading to new coping mechanisms that best address participants' unique situations.

Conversation topics are structured and cater towards common interests between participants. Topics include Cognitive Behavioral Therapy (CBT), relaxation/ breathing techniques and conflict resolution.

Every  
**WEDNESDAY**

**Nov. 10 – Dec. 15**  
**2 pm – 3:30 pm**

[Register online](#) today!

For any questions or concerns, please contact **Olga Friedman** (416-635-2900 ext. 356) or **Shayna Pilc** (416-635-2900 ext.477)