



FINDING BALANCE AND PEACE: TOOLS AND TECHNIQUES FOR MANAGING STRESS, ANXIETY AND DEPRESSION

THURSDAY, OCTOBER 4TH, 6:30-8PM

DESIGNING HEALTH 1428 COMMERCIAL ASTORIA, OREGON

COME JOIN US FOR A DISCUSSION ABOUT DIFFERENT STRATEGIES TO MANAGE DEPRESSION, STRESS AND ANXIETY.

HEAR ABOUT APPROACHES THAT OTHERS HAVE FOUND HELPFUL, OR NOT HELPFUL, IN RESTORING A BASELINE OF PEACE.

BREAK OUT OF THE CYCLE OF ISOLATION AND LONELINESS TO CONNECT WITH PEOPLE WHO UNDERSTAND YOUR CHALLENGES AND SUFFERING.

AS WE SHARE OUR EXPERIENCES WE WILL DISCUSS FRESH POSSIBILITIES FOR CALMING YOUR NERVOUS SYSTEM AND CREATING MORE JOY IN YOUR LIFE.

WILL LAY THE GROUNDWORK FOR A 6-WEEK SERIES BEING OFFERED THIS FALL

THIS FREE DISCUSSION WILL BE FACILITATED BY NELLE MOFFETT, WHO IS TRAINED IN COMPASSIONATE CONVERSATION.