

Women in De-stress

Are you feeling stressed out? Overwhelmed? Short fused? Easily annoyed? Like you're being pulled in too many directions? Does it sometimes seem as if your life is spiraling out of control? Do you feel as if none of YOUR NEEDS are being met?

If you feel this way, you are not alone.

Women in today's society are told they can have it all. The price, however, is the stress of *doing* it all. When our resources fall short of our demands we feel stressed out and resentful. On-going stress damages our relationships and erodes our physical health.

According to Dr. Dean Ornish, foremost researcher on reversing heart disease, *"Emotional stress plays an important role in just about all illnesses."*

This psycho-educational support group is exclusively for women. Come and learn how to:

- ✓ Minimize the effect of stress on your life
- ✓ Stand up for yourself to get your needs met
- ✓ Release pent-up anger and resentment
- ✓ Decrease irritability and increase joy



Registration Information	
<p>To register Call (949) 235-7606</p> <p>The cost is \$325 which includes:</p> <ul style="list-style-type: none">• Assessment• 8 group series• Anger management book	<p>Starting this Week</p> <p>The group meets Thursdays from 5:30 – 6:30 pm</p> <p>333 Third Street, Suite 4 Laguna Beach, Ca 92651</p>

Suzan Aldimassi, M.S., MFT and Certified Anger Management Provider has a private practice in Newport Beach. She specializes in helping parents and teenagers to get along better. She also provides family therapy and social skills groups for young kids.

Rachel Kelts, M.A., MFT and Certified Anger Management Provider has a private practice in Laguna Beach. She specializes in health focused therapy, stress reduction, and relationship issues for adult children of divorce. For additional information go to www.createwisdom.com.