



*Family Resiliency
Stress Management Workshop
Lunch & Learn*



Date: April 4, 2012

Location: ACS Classroom, bldg 119.

Time: 11:30 – 1230 p.m.

The Workshop is given by the Military & Family Life Consultant (MFLC). The presentation defines stress and its effects; helps participants recognize signs and symptoms in themselves and eventually teaches stress management strategies for limiting the negative effects of Stress. Workshop is open to all Picatinny Military, Family Members, DOD Civilians and Contractors!

ADVANCE REGISTRATION REQUIRED!

For more information about the workshop, contact the following: Clarence Lacy at (973)724-5219 or (973) 896-2233.