

From Distressed to De-Stressed: Tips for Personal & Classroom Application

Facilitated by
Michelle Stolicker, LMSW

There are really only two ways to manage stress effectively:

- *Change the world around you* (identify, eliminate or avoid potential stressors, create systems to increase efficiency & success, practice self-care and stress management techniques)
- *Change the way you think* (attitude, perspective, humor)

In this highly interactive workshop participants will learn and practice a variety of stress management strategies and leave with a “bag of stress-busting tricks” to use for themselves and to teach to students in the classrooms.

DATE: **Tuesday, March 24, 2015**
TIME: 4:30 p.m. — 6:00 p.m.
FEE: FREE
LOCATION: OCM BOCES McEvoy Campus
McEvoy Conference Center, Room 701
1710 NYS Route 13
Cortland, NY 13045

If you have questions about the program, contact Michelle Stolicker at
1-800-EAP-8764 or (315) 471-1361.

To accommodate participants, please complete and return by:

March 17, 2015

From Distressed to De-Stressed — March 24, 2015

Name: _____

School Building: _____ School District: _____

Position: _____

School Phone: _____ Home Phone: _____

Email (please print clearly) _____

Return : **EMPLOYEE ASSISTANCE PROGRAM**
c/o OCM BOCES - IEH
MICHELLE STOLICKER
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