



Coping Skills Workshop for Anxiety or Depression

A six-week series, meeting Tuesdays from 6:00pm to 7:00pm

This workshop series is designed to help you discover new ways to relieve stress and find peace. We will gather as a group to learn and practice healthy coping strategies such as mindfulness, self-compassion, self-talk, and calming techniques.

Come join us to discover new ways to become more open, flexible, and engaged in your life. Luke Durain, MA will lead the workshop.

Session Dates:

Week 1: June 23

Week 2: June 30

Week 3: July 7

Week 4: July 14

Week 5: July 21

Week 6: July 28

**Cost: \$50 total for all six sessions,
payment due before first session.
Insurance is not accepted and there
are no refunds for missed sessions.**

Space is limited. Pre-registration and payment are required by June 23

Call Donna @ 630-752-9750 x10



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