



# Tired? Stressed? Overwhelmed?

Would you like to learn some strategies for coping with stress?

Does your child or teen often feel tired, stressed and overwhelmed?

Join us for a free informal evening with

**Helena Jayasuriya**

**LCSW**

**Wednesday**

**November 9th from 6-8 p.m.**

**Caring Connections Center**

**13626 Twin Peaks Rd. Bldg. 300**

**Poway, CA 92064**

- ⇒ Are you or a loved one constantly running in emergency mode? Always worrying?
- ⇒ Do you have difficulty concentrating? Negative thoughts? Are you anxious and irritable? Moody?
- ⇒ Do you have frequent headaches or stomach aches?
- ⇒ Are you having trouble sleeping or eating?

Prior registration is required. Please call the Caring Connections Center at 858-668-4084 and leave your name and phone number to register.

Don't miss it!