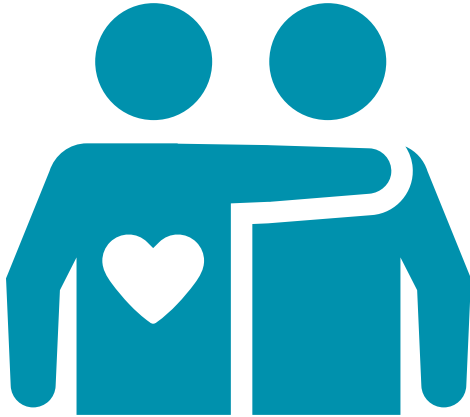


Bridge to Success

VIRTUAL



A stress management program that teaches behavioral, social, and cognitive coping strategies to address stressful situations at home, work, and interpersonal relationships. This program covers topics such as healthy coping strategies vs. unhealthy coping strategies, positive self-talk, social support, healthy eating and exercise, and substance use and abuse.

Wednesdays: 10:00 - 11:00 AM
8 Sessions: March 20 - May 8, 2024

[Click here to register](#)

Zoom login information to follow

This program includes a \$50 gift card for completion.

This program is brought to you by:

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