

Soul Matters...Groups

 Pastoral Counseling and Consultation Centers of Greater Washington

STRESS RELIEF for DIFFICULT TIMES

Are you feeling anxious in these difficult economic times?

If so, **YOU ARE NOT ALONE**. Are you stressed because you lost your job? Afraid you will? Are you worried about how you are going to pay for your child's education? Or are you noticing that you are drinking and eating more? Maybe you are experiencing more marital conflict or are less patient with your children. Perhaps you are puzzled because you are still financially sound yet you feel stressed and don't know why.

The global economic crisis is causing personal emotional stress that goes far beyond the downturn in your checkbook or stock market account. The financial squeeze is putting pressure on old wounds and unresolved conflicts.

You know if you squeeze an orange, you get orange juice. If you squeeze a tomato, you get tomato juice. Now, the economic crisis is squeezing YOU and whatever is inside YOU is coming out. You might be feeling like when your parents' divorced, you lost a prior job or you felt abused by your boss or spouse.

You can reduce your stress and anxiety and improve your ability to meet your personal financial and emotional challenges. Learn stress relief techniques from PC&CC's, [Kathleen E. Scheg](#), JD, LCPC, NCC.

**Friday, April 24, 2009, 7:30-9:00 P.M.,
Pastoral Counseling Center, [Takoma Park](#), DC**



[Kathleen E. Scheg](#), JD, LCPC, NCC, has empowered individuals and groups to achieve their goals for over 25 years. She has a Master's degree in Pastoral Counseling and certification in the Core Energetics transformation process. She specializes in facilitating the healing and transformation of the whole person, helping people become more loving and creative human beings. She may be reached at 202-449-3789 ext. 710.

STRESS RELIEF WORKSHOP REGISTRATION

Name: _____

Street Address: _____

City: _____ State _____ Zip _____

Phone: Home _____ Work _____ Cell _____ E-Mail _____

Credit Card _____ Exp. Date _____

Prior registration recommended as workshop is limited to first 8 registrants. To register, please send the registration form and check for \$60 to Kathleen E. Scheg, Pastoral Counseling and Consultation Center, 7003 Piney Branch Road, Washington, DC 20012, or fax to 202-449-3789 with credit card information.