



## Adolescent & Family Counseling Center, LLC

350 South Main Street, Cheshire, CT 06410-3160  
Phone: 203 271-1234 Fax: 203-272-9094  
[www.AFCCenter.Org](http://www.AFCCenter.Org)

### **“Relax ... and Live Better!”™ Stress Management & Relaxation Workshop**

#### ***Everybody is stressed by something!***

In our daily lives, we are each exposed to a variety of stressors – circumstances, expectations, realities, and invasions into our lifestyles -- that cause us some degree of tension, anxiety, frustrations, and/or anger or depression. Recent events added a whole new layer to our stress. Each of us is an individual, with his/her own needs, priorities, previous experiences in life, and coping skills, and behaviors. However, we each can learn to view and manage what happens to us with less distress and to meet life’s challenges and opportunities in a healthier, successful manner. This is especially good time after the holiday season!

#### **“Make a PACT with yourself to reduce your stress”™**

The Adolescent & Family Counseling Center offers you an opportunity to increase your own ability to negotiate daily life more successfully. Herbert Jay Rosenfield, the founder and Director of the A&FCC, facilitates this workshop; he is a Licensed Clinical Social Worker and is certified in clinical hypnosis. He has provided stress management workshops and programs for such diverse audiences as the Cheshire Park & Recreation Department, Meriden Public Schools students, CT Office of the Comptroller (for CT Mental Health Resources), and at Cheshire Direct (for Working Solutions EAP).

In this 2 hour workshop, participants will:

- q** Discuss the issue of stress in our lives and learn several definitions of “Stress”
- q** Discuss with other participants “What makes YOU tense?”
- q** Explore the answers to “How does YOUR body react to stress?”
- q** Gain an introduction to several ways of Measurement of Stress
- q** Assess the degree of personal stress and risk he/she is currently under
- q** Learn Techniques for Control of Stress, including P.A.C.T.
- q** Learn and practice methods of Relaxation, including Mindfulness Meditation
- q** Discuss ways to Increase Your Balanced Lifestyle
- q** Experience a 30 minute “Progressive Relaxation Experience”
- q** Receive an audio tape recording of the “Progressive Relaxation Experience”

Date: Call for specific monthly scheduled dates **Wednesdays 6:30 – 8:30 PM**  
**Saturdays 9:00 – 11:00 AM**

Location: Adolescent & Family Counseling Center, 350 South Main Street, Cheshire

Registration: Size limited to 12. Advance registration / payment required

Fee: \$60 for current A&FCC clients or family members; \$75 for community members

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Registration for **“Relax and Live Better!”** Ô

Scheduled Monthly:    \_\_\_ Wednesday    6:30 – 8:30 PM  
                                  \_\_\_ Saturday       9:00 – 11:00AM

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Fee:                \_\_\_ \$60 \_\_\_ \$75      Payment: \_\_\_ Cash \_\_\_ Check \_\_\_ VISA \_\_\_ MC \_\_\_ AMEX  
[ Registered by: \_\_\_\_\_ Date: \_\_\_/\_\_\_/2003 ]