

Register here



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Learn Techniques for Overcoming

# HOLIDAY STRESS

- Anxiety
- Depression
- Feelings of Overwhelm
- Feelings of Not Being 'Enough'
- Phobias
- Trauma
- Chronic Pain
- And much more ...

Holidays can be very stressful. Learn techniques to help you cope ... no matter the source of your anxiety or dis-ease.

Statistics show that the highest number of suicides occur over the holidays. **Don't be a statistic.** *There is hope and it will get better.*

***Let me show you how.***

**Date:** Sat 15 December 2018  
**Location:** Rally Point Retreat  
1478 Hwy 3, Sable River NS  
**Time:** 10:00 am – 3:00 pm  
**Cost:** \$75

Helping you turn over a new leaf

One-on-One Coaching • Group Coaching  
Workshops & Classes

