



## *Stress Management For Parents*

*The group will be supportive and educational in nature  
and will focus on:*

- *Ways to manage emotions effectively*
- *Communicating effectively with your child*
  - *Relaxation techniques*
  - *Empowering parents*
  - *Tools for "Parent's Toolbox"*

**Participants:** Parents

**When:** Mondays, September 23, 2013  
5:00PM to 6:00PM for 8 weeks.

**Fee:** None

**Location:** Youth and Family Alternatives Inc.  
7524 Plathe Road  
New Port Richey, FL 34653

For further information or to enroll a participant please contact:

Mary Rubin  
[mrubin@yfainc.org](mailto:mrubin@yfainc.org)  
727-835-4166  
727-835-1635 ext. 304  
Or  
Beyda Torres  
[btorres@yfainc.org](mailto:btorres@yfainc.org)  
727-835-4166 ext. 326