

# Workshop on Stress Management



## IS feeling stressed OK???

Settling and adjusting to a new lifestyle in Australia can be difficult for all members of the newly-arrived family. All new comers go through this.

Some cope, some seek help and some don't know what to do.

**BUT HELP IS AVAILABLE.**

Participate in this workshop and get the answers and know a lot more about :

- What is stress?
- How does it effect you and your family?
- Understanding the complexities of stress
- Practical ways of handling stress.....

**Day: Friday**  
**Date: 10<sup>th</sup> August 07**  
**Time: 10:30am - 12:30pm**  
**Venue: BHHP MRC**  
**15 Hunter Street Parramatta**

**Facilitated by: John Martin, Registered Psychologist**

**Organised by**

Bangladeshi CSS worker, **Baulkham Hills Holroyd Parramatta Migrant Resource Centre**. Project funded by **DIAC**.

For more information & booking, please contact: Ifrah/Moushumi 9687 9901

Light refreshments will be provided

