



Coping with Stress Support Group

Coping with Stress is a 5-week virtual support group designed to help adults understand and manage stress in healthier ways. Through weekly discussions, psycho education and shared tools, participants will gain practical strategies for navigating daily stressors in a supportive, judgment-free space.

Participants will Learn:

- Greater awareness of personal stress triggers and responses
- Tools to manage emotional, physical and mental symptoms of stress
- Practical coping strategies for daily life
- Skills to communicate needs and set healthy boundaries
- Connection with others experiencing similar challenges
- A personalized “coping toolkit” to use beyond the group

PRICE: Free

AGE: 18+

WHEN: 1-2 p.m. on the following dates: June 11, June 18, June 25, July 2, July 9

LOCATION: This group will meet virtually via Microsoft Team

Scan the QR Code to Register



For Questions, Please email the OWC at
OWCGroups@AdventistHealthCare.com

Participants are welcome to join for one, multiple, or all sessions. Registering for one session will give you the link for the entire series.