

Stress Management Discussion



STRESS IS STRESSFUL!

If there is anything that we can all agree upon, it is that it has been a stressful year. But how do you manage all that stress? Just trying to deal with stress is stressful!

Let's hangout and chat about things we can do to help manage stress. Get helpful tips, share what you do when you're stressed out, and hear what other youths do to tackle their stress.

Monday, April 12th - 3:30 - 4:30 p.m.
RSVP to Jennifer for virtual access.

NATIVE 
connections
Honor your journey.



Youths ages 24 and under RSVP:
Jennifer Stebbins
716.532.5583 ext. 5433
jstebbins@senecahealth.org
You must RSVP to get access.

 **SENECA NATION HEALTH SYSTEM**