

LCLVirtual Support Group
Fall 2010 Topics

“Recognizing Stress and Its Impact on Your Life”

September 10 – noon --1:00 pm

September 28 – 3:30 --4:30 pm

“Setting Limits and Boundaries”

October 8 – noon --1:00 pm

October 26 – 3:30--4:30 pm

“Strengthening Your Resilience”

November 12 – noon—1:00 pm

November 23 – 3:30—4:30 pm

“Balancing Your Life during the Holidays”

December 10 – noon – 1:00 pm

Space is limited, but additional sessions may be added. Each participant will be asked to agree to confidentiality in order to register and you may choose whether to provide your name to other participants during the call.