

**THE
COUNSELING
COLLABORATIVE**

PRESENTS

THE SCIENCE OF STRESS & RESILIENCY

FRIDAY, APRIL 6th, 9-11AM

Machias Savings Bank: Community Room

98 Cottage Street, Bar Harbor

We've all heard about the negative impacts of stress, but have you heard that stress can actually be good for you? This workshop explores the latest findings in stress research including the positive aspects of stress, how we can "get better at stress" and how changing your view about stress can make you and your clients happier, healthier and more resilient overall.

2 CONTINUING EDUCATION CONTACT HOURS

Jennifer Harry is a Mindfulness & Meditation Teacher and a Resiliency Trainer committed to helping people learn to manage stress and live more mindfully and meaningfully. She teaches research-based tools & practices that build skills, enhance well-being and promote flourishing. She earned her B.A. in Psychology from Pennsylvania State University and worked in the mental health field for over 15 years. She is certified in the methods Japanese Psychology (2009) and trained at the Center for Mind-Body Medicine in Washington D.C. to facilitating Mind-Body Skills Groups (2011). Jen recently received certification in Applied Positive Psychology and as a Resiliency Trainer (2017).



The Counseling Collaborative
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Registration Fee: \$49
Pre-Registration Encouraged
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