

# STRESS MANAGEMENT GROUP

GET READY TO DIVE INTO AN EDUCATIONAL GROUP READY TO  
HELP YOU FIND POSITIVE WAYS TO MANAGE STRESS.



## GROUP DETAILS:

# JANUARY 6TH

START AT 07:00 - 8:00 PM EST  
ONLINE WEEKLY CLASSES FOR 1HR  
FOR 6 WEEKS

## WHAT YOU WILL GET

- WEEKLY GROUP EDUCATION
- FREE WORKBOOK
- GUEST SPEAKER MS. LYNNE PENN-LEON, LCSW-C

**FIND MORE  
INFORMATION AT**

**OUR WEBSITE**  
[HTTPS://PIVOTSPOTENTIALLLC.C  
OM/](https://pivotspotentialllc.com/)

**OUR EMAIL**  
[CARMEN@PIVOTSPOTENTIALLLC.  
COM](mailto:CARMEN@PIVOTSPOTENTIALLLC.COM)

## 1. Introduction

Stress can affect every aspect of your life, but you don't have to face it alone. Join our **Stress Management 101 Group**, where each week you will discover practical strategies to manage stress, enhance your well-being, and build resilience. Whether you're overwhelmed by work, relationships, or life's demands; our group offers a supportive environment to find balance.

## 2. Group Details

Every week, we will offer group sessions lasting one hour. This group will last six weeks. In these sessions, you'll explore powerful stress management techniques, including relaxation exercises, mindfulness practices, and time management strategies—all designed to help you cope with stress in healthier ways.

### When & Where:

**Days:** Starting January 6th, 2025 every Monday from 7-8 PM EST

**Location:** Online via Zoom

**Duration:** 1 hour per session

**Group Size:** Small and supportive with a maximum of 10 participants

## 3. What You Get:

- **Group Sessions:** Weekly discussions on stress management techniques and personal development.
- **Free Workbook:** A comprehensive workbook to accompany your sessions, filled with exercises and tips to help you manage stress.
- **Guest Speaker:** Meet **Ms. Lynne Penn-Leon**, LCSW-C, a guest speaker with extensive experience in wellness and stress reduction. She'll be sharing insightful strategies for better emotional well-being using Neurolinguistic Programming (NLP).

## 4. Why Join?

- Learn valuable stress management tools that you can apply to everyday life
- Gain emotional resilience and feel more empowered to handle challenges
- Build supportive connections with others going through similar experiences
- Take home a free workbook with practical tips for continued growth
- Enjoy expert advice and support from guest speaker Ms. Lynne, a seasoned therapist

## 5. Limited Space—Sign Up Today!

Sign up to secure your spot in our group session. You deserve the support and tools to manage stress effectively. For more information or to register, contact [Carmen@pivotpotentialllc.com](mailto:Carmen@pivotpotentialllc.com) or call 888-458-5199.