



## Are You Struggling in this Challenging Economy?

### WORKSHOP

**Sunday, March 29, 2009**

This workshop is for anyone who is coping with the stress and anxiety related to the current economic downturn. Focus will be on self-care techniques; managing interpersonal stress with partners, friends and/or children; beliefs about prosperity; and the challenge of living with less.

Taught by Laura Gardner, MA and Stacy Stoddard, MA, both Marriage and Family Therapy (MFT) interns under the supervision of Marsha Hiller.

To **register**, please contact Laura Gardner or Stacy Stoddard at 510.594.4300 or 510.496.2733, respectively.

Location: North Berkeley, CA

Time: 2:00 - 4:30 p.m.

Cost: \$35/person

Holistic Psychotherapy

Stacy Stoddard  
[www.stacystoddard.com](http://www.stacystoddard.com)

Laura Gardner  
[www.holisticgardner.com](http://www.holisticgardner.com)