



Please Join Us on Tuesday, November 14, 2017

As We Present:

“Techniques for Today's Professional- How to Deal with Overwhelming Stress and Avoid Burnout”

Come join us and learn new techniques that we can use in our daily professional lives. Our guest speaker, Mr. Christopher Lengyel, an Army Veteran has been traveling around the country utilizing his Bachelor’s Degree in Professional Counseling to raise awareness about Post Traumatic Stress Disorder. Over the past three years, Christopher has developed Help Me PTSD, an organization that provides support to trauma survivors and their families. Christopher has been able to establish complimentary support groups for Trauma Victims, and works with companies to help create positive, effective, friendly work environments.

- Come learn at least 5 new ways to cope with stress.
- Do you know what the warning signs are for stress and burnout?
- Come and receive task management tips for reducing job stress.
- Find out how to break bad habits that contribute to workplace stress & burnout.
- Come learn how to be proactive about your job, your team, and your workplace duties.

Invite Co-Workers to attend this informative meeting.

We look forward to seeing you:

Tuesday, November 14, 2017 @ 11:30 AM

University Club

39 E Monte Vista Rd,
Phoenix, AZ 85004

Email evfromaz@gmail.com for reservations today!

Cost: CFDD Members \$35.00; Non-members \$45.00

WE ARE STILL IN NEED OF RAFFLE ITEMS, IF YOU ARE ABLE TO HELP PLEASE EMAIL US AT
CFDDPHOENIX@GMAIL.COM



(48 hour cancellation notification is required)