



# COPING WITH WORK & FAMILY STRESS



## WHAT IS IT?

A 12 session class designed to teach you how to develop and apply effective coping strategies to deal with stressors at work and at home.

### BENEFITS INCLUDE:

- ✓ A reduction in work and family stressors
- ✓ Increased social support from peers and leadership
- ✓ Enhanced use of effective coping strategies
- ✓ Less reliance on avoidance coping strategies
- ✓ A reduction in alcohol consumption or use of illicit substances

## HOW IT WORKS

Teaches how identify and handle pressures, from the workplace and at home. Individuals learn methods to reduce sources of stress, enhance coping skills, and locate support networks. The class teaches individuals to identify sources of stress, apply problem-solving techniques to eliminate or modify stress, learn effective problem-solving and communication, discuss the benefits of a strong social support network, and more.

## WHERE TO GO:

**MCRD FAP Conference Room Building 6E**

**Wednesday 1500-1600**

**Registration required**



619-524-1200



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