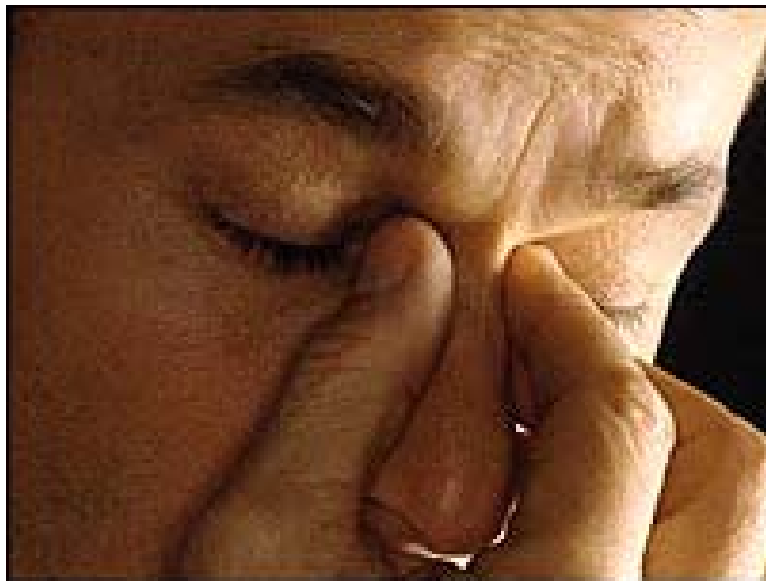


The Mahwah Public Library presents

Coping with Holiday Stress



with **Maia M. Rahill**, LCSW, LCADC, LMFC

Day: Wednesday December 9, 2009

Time: 7:00 PM

Place: Mahwah Public Library Winter Room

Does the thought of the upcoming holiday season give you a sense of anxiety or apprehension? Financial problems and joblessness can add to your anxiety. Maybe you're wondering how to get through the pressure of gift-buying, social gatherings, and family expectations. Maia Rahill is a Licensed Clinical Social Worker who has lead corporate training sessions and helped people manage stress and take control of their situations. She will help participants learn how to: prioritize tasks, avoid overload, adjust to change and loss, and create joyful memories. A question and answer period will follow the presentation. This workshop is free. No tickets are necessary. Seats are available on a "first come" basis.

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