

school

finances

parenting

health

work

relationships

deadlines

WELL-BEING IN THE FACE OF OVERWHELM

FEBRUARY 17, 2022 FROM 12PM - 1PM

REGISTER:

https://us02web.zoom.us/meeting/register/tZYtceqpqzgpHN2kbtbkg211bJGQ_8llwVGb

Have you been feeling overwhelmed lately? You are not alone! In this one-hour training, we will learn about stress to understand how it works, then explore activities that have been proven to reduce feelings of overwhelm in the moment and over time. This class is for anyone who is interested in learning and practicing new skills to feel better, or at least feel "less bad".



Greater Gallatin
United Way

For more information, email ellie@routefinderconsulting.com or call GGUW at 406-587-2194