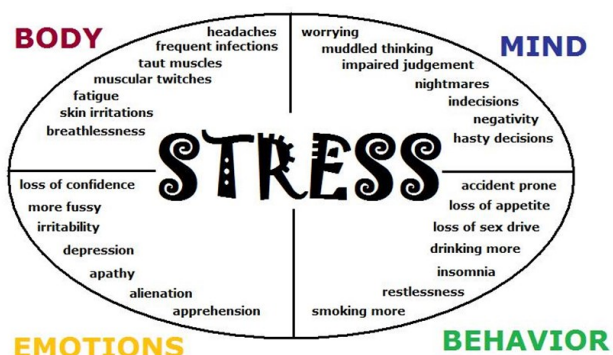


Stress, the nervous system and the road to resiliency



This workshop will be presented by Alyson Groll, Stress, Trauma, & Nervous System Specialist (Somatic Experiencing Practitioner), more information about Alyson at <http://www.alysongroll.com/seminars.html>

Sat., Dec., 16th
10am to 12pm
 Free with \$ 20 Family
 Membership
 (2305 W. 7th & Vine)

- What is the difference between stress and being “stressed out” from a nervous system perspective?
- How does our nervous system cope with too much stress when it has a low level of resiliency?
- What causes our nervous system to become less resilient and why does this happen?
- When we lack nervous system resiliency how does stress & overwhelm affect our body and mind and manifest in our lives?
- How does our nervous system resiliency help or hinder the development of our children’s own nervous system resiliency?
- What can we do to increase our nervous system resiliency and make permanent change to the way our nervous system responds to and processes stress so that we can feel more capable in our lives?

To register, please contact patriciap@kitshouse.org or 604-736-3588 ext. 128.