



# Alexian Brothers Behavioral Health Hospital

## Stress Management

Alexian Brothers Behavioral Health Hospital is now offering an eight week program in which participants will learn **empirically-validated** techniques and actively apply them to **manage** and **cope** with everyday life stressors.



### Group Objectives

- Gain knowledge about stress, stressors, fear, and anxiety
- Assess current stressors and stress levels
- Educate about what techniques to use and why
- Apply techniques to manage and cope with stress

### Participant Requirements

- Open to men and women ages 18 and older
- Open-minded, motivated, and willingness towards new education
- *Please note: This is not a group intended for individuals who may be suicidal, homicidal, psychotic, or under the influence of drugs and/or alcohol.*

**Tuesdays 6:00 – 7:30 PM**

**Cost: \$40 per session**

*-Please note: Payment for the first four groups (\$160) is due at first session-*

***New group starting in October 2009!***

**For more information on this program,  
please contact Simon Jencius, MS, LCPC at 847-755-8546.**

**ACCESS & REFERRALS:** We are committed to prompt attention. Please call us at 800-432-5005.



**ALEXIAN**  
BROTHERS

HOSPITAL NETWORK

**A Healthy Community Begins with Alexian Brothers.**

**[www.abbhh.org](http://www.abbhh.org)**

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