

# Practicing self-care can help manage stress—learn how to fit it into your busy schedule

*November 1, 2017*

*7:00 pm ET*

*Register at*



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## Join our Free Webinar on Coping with Stress and Depression to learn

- How you can manage your stress
- How to identify depression in yourself and others
- How to get help
- How you can—regardless of how busy you are—build mindfulness exercises into your daily routine.

This webinar is for family caregivers, human resources managers, EAP professionals, and adults concerned about themselves or others. Watch the webinar live to submit questions to the presenter, **Dr. Elisha Goldstein.**

Elisha Goldstein, Ph.D., is co-founder of The Center for Mindful Living in West Los Angeles and creator of the 6-month mentorship program *A Course in Mindful Living*. He is a psychologist, speaker, and author who has published numerous articles, chapters, and blogs. He synthesizes the pearls of traditional psychotherapy with a progressive integration of mindfulness to achieve mental and emotional healing.



***Families for Depression Awareness** is a national nonprofit organization helping families recognize and cope with depression and bipolar disorder to get people well and prevent suicides.*

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