



In collaboration with the
Tri-Cities One Stop Career Center
Invite you to participate in our new

Stress Reduction Workshop and Support Group Series!

Date and Time:

1-3 PM, Wednesday, September 22nd, 2010

Tri-Cities One Stop Career Center

39399 Cherry St, Room 1211

Newark, CA 94560

510-742-2323

New Topics Every Month, This Month

Learn how to deal with your [ambivalence](#) during this stressful time while navigating your job search.

Feeling Two Ways About the Same Thing!!!!

You Are NOT Alone-Together We Can Find A Way!

Workshops are both educational and experiential. There will be plenty of time for participation, discussion and support.

Workshop is facilitated by Frank Salerno, MSW