

UCS Presents:

Community Programming from United Counseling Service



June
3

6PM

MANAGING PARENTAL STRESS IN THE NEW NORMAL

Join us for a presentation on managing stress in what is now the new normal. Learn how to focus on the importance of flexibility as well as developing skills to help you manage their own anxieties about the current situation.

Presenters: Alison Clausnitzer-Lane, Behavioral Health Clinician and Monica Bolio, Outpatient Clinician

July
1

6PM

PRACTICING MINDFULNESS

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Learn ways to practice mindfulness including breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Presenter: Bob Wubbenhorst MA, NCC, ACS, CHt, LCMHC, Clinical Manager

UNITED COUNSELING SERVICE



BUILDING A STRONGER COMMUNITY

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