

# Coping With The Holidays

*Thursday Nov. 25, 2010*

*Time: 10:00 am—12:00 noon*

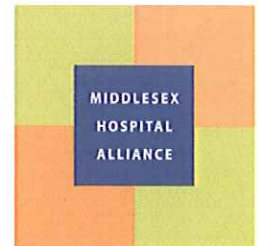
Do you find the holiday season difficult? This presentation will provide you with innovative ways to reduce your stress associated with holiday celebrations.

## TWO SITES

Search Community Mental Health Services (Plum Room)  
21 Richmond Street, Strathroy  
To register call 519-245-0120

or

Four Counties Health Services (Board Room # M.528)  
1824 Concession Dr., Newbury  
To register call Judy Peters 519-693-4441 ext 2467



## Pathways to Service



**Search**  
COMMUNITY MENTAL HEALTH SERVICES

Call 519-245-0120 Toll free 1-888-216-6716

Email: [info@searchcommunityservices.ca](mailto:info@searchcommunityservices.ca)  
[www.searchcommunityservices.ca](http://www.searchcommunityservices.ca)