



Family Service

Thames Valley

Healthy Living Series Educational Seminars

Budgeting and Financial Literacy

Tuesday, February 7, 2012
7:00 - 8:30 p.m.

Taming Panic and Anxiety

Thursday, February 16, 2012
7:00 - 8:30 p.m.

Coping with Depression

Tuesday, February 21, 2012
7:00 - 8:30 p.m.

Communication Skills to Improve Relationships

Thursday, March 1, 2012
7:00 - 8:30 p.m.

Conflict and Stress Management

Thursday, March 8, 2012
7:00 - 8:30 p.m.

De-cluttering Your Life

Tuesday, March 13, 2012
7:00 - 8:30 p.m.

A Gift of Self-Care

Thursday, March 22, 2012
7:00 - 8:30 p.m.

**All sessions take place at Family Service Thames Valley
125 Woodward Avenue, London
free parking, close to bus routes**

attend all sessions or one session pay what you can - donations accepted at the door

limited to 20 participants, reserve your seat now
to register **519-433-0183 x 8295**
or info1@familyservicethamesvalley.com

for more information familyservicethamesvalley.com



United Way
of London and Middlesex