

Saturday, May 2, 2009
10:00am - 5:00pm

Headaches Responsibility Crisis
Change Boredom Illness Challenges Tension
Attitude Money Work Control
Creatively Coping With Stress
Anger Relationships Deadlines Traffic
Time Obligations Grief
Insecurity Fear Competition

Penny H. Baron, Ph.D., ATR-BC, LCAT
445 Ferguson Road
Freeville, NY 13068



Creatively Coping With Stress



Penny H. Baron, Ph.D., ATR-BC, LCAT is a workshop leader, teacher, and therapist with over twenty years experience in the area of stress management. *'Creatively Coping With Stress'* programs have been presented at educational institutions, companies, human service agencies, medical settings, conferences and retreats for both professional audiences and the general public. She earned her doctorate from the Union Institute & University in Health Studies with a special focus in Art Therapy, Stress Management, and Health Psychology. Dr. Baron is a Registered and Board Certified Art Therapist with the American Art Therapy Association, and Licensed Creative Arts Therapist in NYS. Member of the Mental Health Association in Tompkins County. She maintains a private practice incorporating the creative arts therapies with verbal counseling.

Date: Saturday, May 2, 2009

Time: 10:00am - 5:00pm.

Location: 445 Ferguson Road
Freeville, New York

(Directions provided upon pre-registration)

Cost: \$65.00 - \$85.00 (Sliding scale)

Lunch, refreshments & materials included.

Space limited to 10 participants.

Pre-registration required.

Please enclose a \$25.00 deposit for pre-registration.

Non refundable after April 22, 2009.

Information: Telephone: (607) 844-3465
E-mail: phbaron@pennyhbaron.com
Web: www.pennyhbaron.com

Penny H. Baron, Ph.D.

Full Name _____
 (First) (Middle Initial) (Last)

Address _____

Phone (day) _____ (evening) _____

Profession _____ E-mail (Legibly) _____

Please send me (#) _____ more flyer(s) to give to my friends, clients and colleagues.

Enclose a \$25.00 deposit for pre-registration. Non refundable after April 22, 2009.

Please make your check payable to **Penny H. Baron** and mail with this registration form to:

Penny H. Baron, 445 Ferguson Road, Freeville, New York 13068

Check enclosed for \$ _____

Invest in managing your stress effectively to enhance your health and well-being...

Creatively Coping With Stress programs began in 1985 as a vehicle for participants to maximize their individual creative abilities when coping with the stressors and challenges of life.

Lectures, seminars, and workshops have always emphasized current knowledge, research, and techniques from the field of stress management.

Today, eighty percent of all illnesses are considered to be stress related or aggravated by stress. Because of this, it is vitally important that each one of us takes time out to consider how stress may be effecting us physically, mentally, emotionally, and behaviorally. **CCWS** programs give individuals a chance to gain a better understanding into what stress is and their unique response to the stressors of life.

CCWS programs do not 'overstress' participants with too much information and too few positive solutions. Programs are designed with a balanced, holistic perspective in mind. The atmosphere is relaxing, creative, experiential, and playful where participants learn by doing. This is especially important in dealing with stress because research has found that individuals who best control their stress use just this active, rather than passive approach. Control, however, need not be rigid. A creative perspective towards one's life opens up options and possibilities around stressful situations not originally considered by that individual.

CCWS WORKSHOP WILL:

- **Include** information on the physical, mental, emotional, and behavioral effects of stress. Explain how we can take steps to reduce and manage stress effectively.
- **Guide** individuals through specific breathing and relaxation techniques that are designed to trigger your body's natural, inherent "relaxation response."
- **Teach** meditation, mindfulness, and guided imagery exercises that promote a state of tranquility for your mind, and increase awareness of the stress points in your body.
- **Allow** time during the program for mini "stress breakers" that can be used by participants throughout the day to relieve tension and revitalize energy at work or home.
- **Utilize** creative and personally empowering exercises as tools for self-expression, which assist you in identifying positive solutions to your most difficult stressors.
- **Provide** a supportive, nourishing, and energizing experience where learning takes place in an atmosphere of laughter, play, and creativity.

Creatively Coping With Stress™ May 2, 2009 10am - 5:00pm
www.pennyhbaron.com