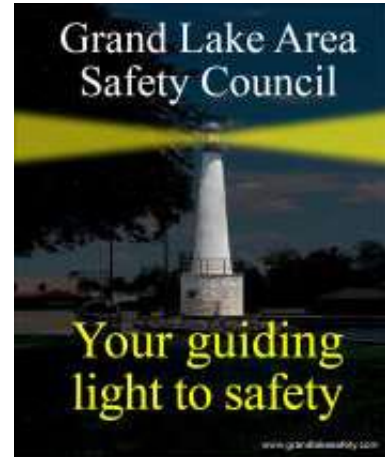


You are invited!  
Grand Lake Area  
Safety Council Meeting  
Wednesday, December 17, 2014  
at Romer's Celina.  
11:30am to 1:00pm



## TOPIC

### Dealing with Stress

#### Three Objectives of Program

1. To understand what is good and bad stress in our lives.
2. Effective coping strategies to do daily coping with stress.
3. To discuss and process emotional, physical, signs and symptoms of stress.

By **Roberta Donovan & Matthew Ronan**, Mental Health/Alcohol & Drug Therapists at Foundations Behavioral Health Services. Roberta has been in the field of social work for 25 years and has worked at Foundations for 12 years. She is working as a contract therapist at several local businesses. Matthew has been a counselor for 27 years and with Foundations for 15 years. He is currently involved in the Mercer County Drug Court.

RSVP by December 15th to Grand Lake Area Safety Council at [safety@celinamerger.com](mailto:safety@celinamerger.com) or by calling 419 586-2219. This is free to one safety council member and \$10 lunch fee for any extra attendees. This program is open to the public for \$15 and includes lunch. Visit [www.grandlakesafety.com](http://www.grandlakesafety.com) for future programs and details.