

HEALTHY WAYS TO MANAGE YOUR STRESS AND MAKE MORE ROOM FOR GOD

Are you trying to create an environment where you can more fully embrace the opportunities to grow closer to God this Lent, but the stress from COVID, family, and work is creating a roadblock ?

**JOIN US VIA ZOOM ON SUNDAY,
FEBRUARY 28TH AT 6:00PM**

Licensed therapist, Nicki Banbury will guide us in experiencing 5 different techniques that have been scientifically proven to reduce stress.

Lent is a time when we naturally pause and take stock of who we are and where we are in our relationship with Christ. When we are in balance and not overwhelmed, we can more fully accept the gifts and graces found in a loving relationship with Christ.

Sign-up via the link on the parish website or by calling the parish office.

You will be sent the Zoom link prior to the presentation,