

# Digital Stress & The Modern World



**I feel like  
I'm  
addicted to  
my  
phone...**

I can't get a break!

**I wish I  
could  
unplug...**

It's so hard to fall  
asleep

Texts...Email...  
It never stops!

**Session:** Our digital devices now have a powerful impact on our lives. Learn about digital stress, coping strategies and ways to use our devices in a more gentle & responsible manner...

Choose One Single Session:

**Fri Jan 25th, 3:30-5 PM** or

**Sat Feb 2nd 11-12:30PM**

**Facilitator:** Frances Sreedhar, MSW, RSW.

Max: 10 participants per session

**Investment:** \$150

**To Register:** call or email

306-665-6661

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