

Facing Overwhelm

Learning to care for yourself can bring strength and meaning to your daily life.

A one-day workshop offered by Erin Moline, MA

July 14, 2007

9:00 am – 4:00 pm

Location TBA

When we feel overwhelmed—by family, work, or the world around us—the idea of finding time for ourselves, let alone taking it, can seem a daunting challenge.

Discover the key:

- ☞ Self-care is not just about making yourself feel better
- ☞ Good self-care doesn't have to take a lot of time

The fee for the workshop is \$75 per person and pre-registration is required. More information will follow your registration. Please visit erinmoline.com for information about my counseling practice and other workshop, seminar, and training opportunities.



Erin Moline, MA
*Counseling & Psychotherapy
for individuals and couples*

510 SW 3RD AVE, SUITE 420
PORTLAND, OREGON 97204
503.241.6505

ERIN@ERINMOLINE.COM

WWW.ERINMOLINE.COM

Erin earned a Master of Arts in Counseling Psychology from Lewis & Clark College and has a counseling and therapy practice in downtown Portland where she works with individuals, couples, and groups.

