

# Relaxation Techniques for Parents: Tools to Manage Stress



This **6 week** class for parents will provide an opportunity for parents to explore:

- The things that cause them the most stress in their daily lives
- Where they hold stress in their bodies
- Themselves as models of healthy stress management for their children
- Techniques for relieving stress

Class time will include a combination of discussion, experimental exercises and video. **Kaye Levy**, a certified infant massage instructor and explorer in the field of Complimentary Health practices for 20 years will teach this class. **Free Child Care Provided.**

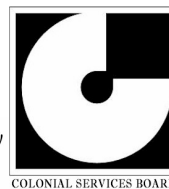
**Wednesdays, February 6<sup>th</sup> – March 12<sup>th</sup>**  
**10:00 a.m. to 11:30 a.m.**

**Location:** Family Focus Williamsburg  
York River Baptist Church  
8201 Croaker Road, Williamsburg

Registration is required by calling Family Focus Williamsburg at 566-9777.



*Williamsburg Community  
Health Foundation*



**Family Focus is a program of The Colonial Services Board.**  
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