



White Oak
Institute for Growth and
Wellness LLC

STRESS MANAGEMENT

GROUP COUNSELING

- **Understand Stress:** Learn what stress is, how it affects you, and how to recognize your personal triggers.
- **Develop Healthy Coping Strategies:** Practice mindfulness, breathing techniques, and positive thinking to manage stress effectively.
- **Connect with Others:** Share experiences in a safe, supportive group setting guided by a licensed counselor.
- **Build Long-Term Resilience:** Create your personalized stress toolkit and set realistic goals for a healthier, more balanced life.

4 effective Stress Management Strategies

 Practice Mindfulness and Meditation

 Use Breathing Techniques

 Improve Time Management

 Set Healthy Boundaries

For ages 18 to 30 years old
Price: \$40 per group

TO MAKE AN APPOINTMENT



CALL OR TEXT:

(815) 258-0950

whiteoakinstitute@gmail.com

SCHEDULE

TUESDAY & FRIDAY
3:30PM TO 5:00PM

LOCATION

10660 W 143RD St. Ste E
Orland Park, IL 60462



whiteoakinstitute.net