

TURN OFF THE STRESS SERIES

Led by Kim Castellano



FIND HOPE

# STRESS-ANXIETY-GRIEF SUPPORT

CHANGING PEOPLES LIVES WITH A MESSAGE OF HOPE

## INTRO TO STRESS - All are Welcome

**CLIFTON SENIOR CENTER**  
**900 CLIFTON AVE BARN C5**  
**DATES: 1/19, 2/16, 3/16, 4/13, 5/18, 6/15**  
**TIME: 6:30PM-8PM**

### TOPICS:

Understanding Your Stress  
How Stress Effects the Body  
Identify your Stress Triggers  
Stress Wheel of Life  
Distortional Thinking and Beliefs  
Break the Worry Cycle  
Meditation



FREE MENTAL HEALTH SUPPORT

Scan to REGISTER  
for Intro Session



## STRESS- ANXIETY-GRIEF SUPPORT GROUP

**CLIFTON SENIOR CENTER**  
**900 CLIFTON AVE BARN C5**  
**DATES: 1/12, 1/26, 2/9, 3/2, 3/23, 4/6, 4/20,**  
**5/11/ 5/25, 6/8, 6/22**  
**TIME: 6:30PM-8PM**

\*Prerequisite- One must attend Intro Session at Library before attending support group.

Group setting led by Peer to Peer, Certified, Trained Counselors, and Mental Health Professionals.

Providing a safe place to share and work on recovery from life's setbacks and hang ups. Group focuses on root causes of stress, worry, anxiety and grief. Explanations of stress relief worksheets and book discussions.

[www.powerofoneccom.org](http://www.powerofoneccom.org)  
[info@powerofoneccom.org](mailto:info@powerofoneccom.org)  
Call 862-239-5905

Encourage Empower Equip

SENIORS, WE CARE



## POWER OF ONE

empowering healthy communities



Activities



Nutrition



Creativity

PO Box 6080, Clifton, NJ 07015  
[www.powerofoneccom.org](http://www.powerofoneccom.org)  
862-239-5905



# NUTRITION

nutrición- odżywianie

HEALING  
THRU  
NUTRITION  
KITCHEN



## RECLAIM YOUR PEACE OF MIND

RECLAMAR TU TRANQUILIDAD - ODZYSKAĆ TWÓJ SPOKÓJ

**By detoxing, de-stressing, & changing your diet**

Poprzez detoksykację, odstresowanie i zmianę diety  
Al desintoxicarse, desestresarse y cambiar su dieta

### Free Nutritional Fun

Diversión nutricional gratuita - Bezpłatna zabawa żywieniowa

### Come Taste and Learn

Ven a probar y aprender - Przyjdź posmakuj i ucz się

**WHEN Thursday, January 5, 10am**

Jueves, 5 de enero, 10am - Czwartek, 5 stycznia, godzina 10am

**WHERE Clifton Senior Center Barn**

900 Clifton Ave, Clifton

### SIGN UP WITH

REGISTRARTE CON - ZAREJESTRUJ SIĘ ZA POMOCĄ

**Kim 862-239-5905 or Margaret (973) 470-2234**

Nutrition classes helps to reduce isolation due to the Covid-19 Pandemic  
and improves your social, emotional, well-being and are lots of fun to attend.

Power of One is a 501(c)(3) non-profit public charity Tax ID # 453-553-999

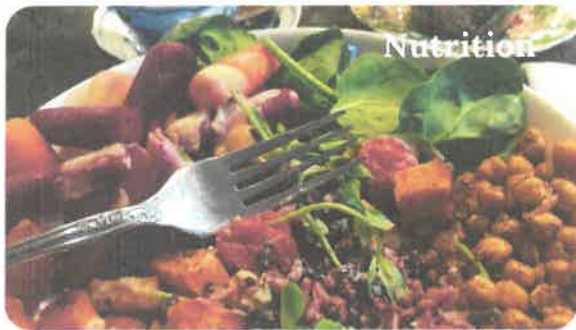
Funding provided in part by the City of Clifton CDBG-CV Grant- contract #B-19-MC-34-0103

SENIORS, WE CARE



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# TECHNOLOGY

Free Tech Help for Seniors by Teens



**Learn how to stay connected to your community, family, friends and health care professionals!**

Teens can help with iPhone or iPad, Cellphone, Lap Top computer.  
**Bring electronics to the Senior Center day of activity.**

¡Aprenda cómo mantenerse conectado con su comunidad, familia, amigos y profesionales de la salud! Los adolescentes pueden ayudar con iPhone o iPad, teléfono celular, computadora portátil. Llevar la electrónica al Centro de Mayores el día de actividad.

Dowiedz się, jak pozostać w kontakcie ze swoją społecznością, rodziną, przyjaciółmi i pracownikami służby zdrowia! Nastolatki mogą pomóc z iPhone lub iPadem, telefonem komórkowym, komputerem z laptopem. Przynieś elektronikę na dzień aktywności Centrum Seniora.

### WHEN

**Monday, January 23, 2:30pm-4:30pm**

Lunes 12 de Diciembre 2:30pm-4:30pm - Poniedziałek 12 Grudnia 2:30pm-4:30pm

### WHERE

**Clifton Senior Center Barn** 900 Clifton Ave, Clifton

### SIGN UP WITH

REGISTRARTE CON - ZAREJESTRUJ SIĘ ZA POMOCĄ

Kim 862-239-5905 or Margaret (973) 470-2234

Senior Activities, and Nutrition Classes help reduce isolation due to the Covid-19 Pandemic and improves your social, emotional, well-being and are lots of fun to attend.

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