



# OAKWOOD CENTER

*of the Palm Beaches, Inc.*

1041 45<sup>th</sup> Street • West Palm Beach, FL 33407-2415 • (561) 383-8000 • Fax: (561) 514-1995  
406 S.E. Martin Luther King Jr. Blvd. • Belle Glade, FL 33430 • (561) 993-8080 • Fax: (561) 992-7783

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## **Oakwood Center of the Palm Beaches, Inc. announces a new program: Coping with Economic Stress**

*Funded by the Palm Healthcare Foundation this program will be offered **free** to participants.*

This timely and important program was developed to help people suffering from unemployment, underemployment, general financial hardship and those who have survived layoffs but now have to deal with increased workloads.

### **Program Components**

- *Therapeutic and educational workshops – held once a week for 5 weeks*
  - *Program will offer individual and family counseling (10 sessions)*
- *Topics to include developing healthy coping skills, how to identify stressors, importance of family communication and healthy personal stress relief*
- *Participants will be provided with the necessary coping skills to deal with the negative implications of the challenging economy*

### **Admission Criteria**

- *Any and all individuals experiencing stress from economic hardships*
  - *If space is limited, people with families will be given priority*

This program will be operated from the Palm Healthcare Foundation, Mollie Wilmot Center located in the Palm Healthcare Pavilion at 1016 North Dixie Highway, West Palm Beach, FL 33401.

**For more information on this program and how to participate please contact:  
Kristin McCabe, MS at 561-246-0834 or [kmccabe@oakwoodcenter.org](mailto:kmccabe@oakwoodcenter.org)**

The mission of the Oakwood Center of the Palm Beaches, Inc., is to help clients build resiliency, facilitate recovery and achieve reintegration into the community by designing and delivering behavioral health care services that meet their needs and expectations

*A not-for-profit, Joint Commission Accredited, Community Behavioral Healthcare Organization*



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