



LOCAL 21 MEMBERS

Do you find yourself...

**Adjusting to layoffs (you, your loved ones, & co-workers),
Worrying about the reduction in your investments,
Watching home equity disappear,
Maxing out credit cards and struggling to make ends meet?**

*Learn how to reduce the stress in your life by attending this
free class for Local 21 members*

How to Reduce Your Stress

led by

Kitty Costello, M.A., MFT and Richard Epstein, Ph.D., MFT
(staff members of Work Life Support Services*)

Wednesday, March 24th

(12:00 noon — 1:00 p.m.)

San Francisco Public Library

100 Larkin Street

(Paley Meeting Room, 3rd floor)

**No need to RSVP. Food and drink are not allowed in the library's
meeting rooms, so please plan accordingly.**

***Work Life Support Services has been retained by IFPTE Local 21 to
assist its members with their concerns about dealing with the stress of
work and family life.**

If you have questions about the workshop, please contact the Local 21 office at 415.864.2100 or
via email at union21@ifpte21.org. Please do not contact the Alameda County Law Library.