

Malton Women Council



LOCATION
ZOOM MEETING



TIME
4PM TO 6PM EST



DAY & DATE
WEDNESDAY, APRIL 17, 2024



Session Topic:

Managing Stressors

- Difference between traumatic stressors and everyday stressors.
- Identifying indicators of increased stress levels in one's individual life.
- The range of coping strategies.
- Creating an essential individualized toolkit.



Dr. Kamran Ahmad got his Clinical Psychology degree from California and worked for almost two decades with the United Nations. He also has a Master's and a Ph.D. from California in South Asian Spirituality.

To attend, please register at:

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