

Cosmetologist



Stress, Burnout & Coping Group



Are you a cosmetologist who is feeling depleted or near burnout? In this group, we will acknowledge all the ways that you provide care to your clients, and learn ways to cope with the stress and emotional strain of supporting clients on a daily basis. We will move through exercises and education to deepen your awareness and provide opportunities to share your experiences with other professionals.



Details: Sept 25, 2023, 9:30am-2:30pm, #211-20238 Fraser Highway, Langley

Cost: By donation

Facilitators: Brittany Lasanen, MA, RCC &Carolynn Turner, MA, RCC

Email Brittany with questions: brittany@lavendercounselling.com



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