



THE DAILY NEWS OF COCONUT GROVE, FLORIDA

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WEDNESDAY, JANUARY 12, 2011

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New support group provides tools to handle stress

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Lisa Sharf, who is certified in Psychiatry and Mental Health, has created support group to focus on managing stress and to help participants develop healthy coping mechanisms and strategies. This Group will be held in Coconut Grove on Monday evenings and runs for 8 week periods.

Stress continues to affect our everyday lives, it's a phenomenon that cannot be ignored or taken lightly. Lisa has many helpful techniques to manage stress. The support group provides tools to handle and manage stress, anxiety and depression. You may enjoy a better quality of life and function at a higher level.

"I have had an increase in calls on a daily basis lately from patients who are overwhelmed, anxious, and feeling depressed, or just not themselves. They are having work related difficulties, or problems at home. Their usual coping styles are not helping and they are looking for ways to manage. We have all heard of the Stress related disorders, such as Heart Disease, Headaches, Migraines, G.I. disorders to name a few. We have all heard of the Stress related disorders, such as Heart Disease, Headaches, Migraines, G.I. disorders to name a few; so the effect can go beyond emotional and effect physical well-being as well," says Lisa.

For info on the support group, please contact Lisa at 786-356-9342 or lisa@lisasharf.com.

POSTED BY GRAPEVINE AT 9:00 AM

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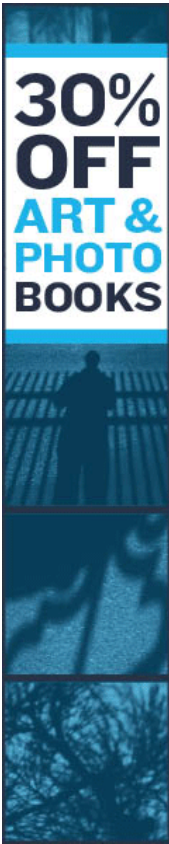
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