

MEDIA ADVISORY

**FOR IMMEDIATE RELEASE
CP-0722E**

September 19th, 2007

STRESS MANAGEMENT AND WORK-LIFE BALANCE

The Psychology Foundation of Canada (PFC) and Desjardins Financial Security are pleased to invite you to attend two presentations concerning Stress Management and Work-Life Balance. These events will be held on September 25th in Toronto.

Through a series of information campaigns and events this fall, the partnership between The Psychology Foundation of Canada and Desjardins Financial Security will aim to create further awareness of important mental health issues in the workplace and at home, by providing sound stress management strategies that can be used by everyone in the family – including children.

BREAKFAST EVENT

- What:** Managing to Manage Workplace Stress: Make Your Workplace Great!
- Who:** Opportunity to conduct live interviews with Dr. Steven J. Stein, Clinical Psychologist and CEO, Multi-Health Systems (MHS), Author of *Make Your Workplace Great: The 7 Keys to an Emotionally Intelligent Organization*
- When:** TUESDAY SEPTEMBER 25th, 2007 from 7:30am -9:00am
- Where:** The Albany Club Toronto (www.albanyclub.ca), 91 King Street East, Toronto

LUNCH EVENT

- What:** The Struggle to Juggle: Top Stress Management Strategies for You and Your Family; Featuring Information from PFC's *Kids Have Stress Too!®* (KHST!) Program
- Who:** With Dr. Steven J. Stein and Anne Murray, KHST! Trainer, and, Owner, People in Harmony Consulting Services
- When:** TUESDAY SEPTEMBER 25th, 2007 at 12:15pm and 1:15 pm
- Where:** First Canadian Place (FCP), Toronto, FCP Gallery (Located at Street Level, East of the Adelaide Main Entrance)

Breakfast Audience: CEO's, HR Professionals, EAP Specialists, Other Organization Decision-Makers will be attending.

Lunch Audience: Managers, Employees, Parents/Caregivers, Other Interested Individuals will be attending.

CONTACT: Please **RSVP** your attendance to Krista Saleh, Program Consultant, The Psychology Foundation of Canada at, 416-878-7004 or klsconsult@rogers.com