



# PIRS Life Skills Program



- Purpose:** To bring awareness, and provide tools, and tips to guide participants into applying the resources to improve the quality of their lives.
- Where:** Pacific Immigrant Resources Society  
210-3680 East Hastings, Vancouver  
604-298-5888 ext. 22
- When:** Fridays from 9:30 a.m. to 11:30 a.m.  
**May 23 to June 27, 2014**

## Topics:



- **Managing Stress**

- How stress affects your life
- What you can do to manage stress

- **Benefits of a Support System**

What does a support system look like  
Why it is important to have one



- **Breaking down Barriers**

How barriers affect you  
Exposing barriers in your life  
Removing barriers one step at a time

- **Your self-care action plan**

Reminders of why self-care is important  
What it looks like  
How to make it part of your daily life



- **How to change your thoughts to improve your life**

How your thoughts affect your mood  
How you can think better to feel better

For more information & registration, please call/text **Joy Jhocson (778-714-1794)**



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Lower Mainland