

*First Presbyterian Church of Farmington  
is offering a seminar on  
Dealing with the Stress of the  
Current Economic Situation*

The Deacons at First Presbyterian Church are offering a wellness seminar in response to the current economic situation in which we in the Metropolitan Detroit area find ourselves. The economy is creating anxiety, depression, stress and, perhaps, even desperation in many people. Dr. Paul Melrose, Executive Director of the Samaritan Counseling Center of Southeastern Michigan, will discuss how we can help ourselves get on top of this stress and work our way through this difficult time.

The seminar is open to anyone interested in this topic. The focus will be on ways to understand our emotional and physical responses to all of this, what are some of the emotional and psychological dynamics we are dealing with, and a variety of ways (including how we call on our faith) to help us cope and—even more—to claim our resilience.

**Sunday,  
Jan. 31st**

**Held in  
Knox  
Fellowship  
Hall**

**11:30—1:00**

***First Presbyterian Church of Farmington/Farmington Hills  
26165 Farmington Road  
Farmington Hills, MI 48334  
(at the corner of Eleven Mile & Farmington Roads)***

***All are welcome  
(There is no fee for this event.)***