

**Somerset County Office of Youth Services
Presents
Community Connections Workshop**

Friday, March 19, 2010

Family Conflict & Stress Management

**Presented by
Ms. Jean Banti, MS, MFT, LMFT, Executive Director
of Contextual Family Services**

In this workshop, participants will learn ways that family therapy concepts can be incorporated into work with youth and daily life. Key concepts from Contextual Family Therapy will be used as resources. Examples of working on increasing fairness in relationships, increasing emotional intimacy and strengthening the individual in the context of the family will be concrete and lead to an exploration of actions that might be taken to re-balance or heal relationships.

Ms. Jean Banti, MS, MFT, LMFT is a licensed psychologist in Pennsylvania, a licensed family therapist in New Jersey, and an American Association of Marriage and Family Therapy approved supervisor. She brings over 30 years of experience providing family therapy to her workshop presentations.

**9:00 AM – 11:30 AM
27 Warren Street, Somerville
Conference Room #1-first floor
Cost \$20.00**

**Checks payable to Friends of Somerset County Youth
Bagels & Coffee will served 8:30 AM
Parking available in deck on 3rd and 4th levels.
Mariann Bruno at 908-704-6333 with questions
Reservations: MBruno@co.somerset.nj.us**