



COPING WITH STRESS IN CHANGING CIRCUMSTANCES



Changes in circumstances, whether changing school, transitioning to adulthood, or as a result of an unexpected and worldwide pandemic can be stressful to all of us, whether planned or sudden. Strategies to diminish the stresses of changing conditions for ourselves or our family members are presented in today's training. Recognizing when stress reactions become more serious challenges regarding anxiety or depression, and how to address symptoms of mental health concerns will be presented and discussed. Join the FDLRC Autism Team presentation on this important topic and learn practical strategies to help people cope through times of transition, change, or disaster.

Date & Time: WED, 4/6/2022, 10:00 AM
Language: English with Spanish & Korean Interpretation
Presenters: FDLRC Autism Team:
Mandy Moradi Psy. D.
Jean Johnson, BCBA-D
Lisa Pirruccello, BCBA

This training is offered via [zoom](https://us02web.zoom.us/j/84461212693) Please register here:
<https://us02web.zoom.us/meeting/register/tZYod-uvrzorGtbRdQlODtbr-pcleTQQfNxm>

For questions, please contact: ejung@lanterman.org / 213-252-8350

