

“COPING WITH DIFFICULT TIMES”

Have you ever feel hopeless

Lanterman Regional Center in collaboration with Amanecer Community Counseling Services invites you to participate on How to Cope with Difficult Times workshop.

- How to cope with difficult times during COVID-19?
- How to identify the signs of depression and anxiety?
- How to reduce depression and anxiety ?
- Understanding the effects of Trauma
- How to cope with impulses, emotions and setting up boundaries.
- The importance of Self-Care

Registration Required

Please contact

Joe Perales
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PRESENTED BY:



DATE

October 13, 2020

TIME

3:00pm –5:00pm

WHERE



Space is Limited!