

Release & Renew for resilience

Fridays, April 6 - May 18, 2018

12:10-1:00 pm

AS 230

“One of the most important things you can do on this earth is to let people know they are not alone.”

– Shannon L. Alder

Many Faculty & Staff members report feeling an elevated level of stress during these times of uncertainty and rapid change. Beyond the typical demands of our work and lives, many of us have found ourselves affected by the rising tensions of natural disasters near and far, violence across the country, the current political divisiveness in our nation, new threats to educational standards, and the potential deportation of our students and their families, to name just a few common triggers.

This group provides a safe space to express feelings and explore tools for calming, communing and healing. You are invited to:

- express your frustrations,
- explore ways to manage emotional overload,
- share how you've been coping,
- embrace self-care practices and
- form a supportive community of colleagues.

No reservation is required.

Attend each week or feel free to drop-in by 12:10 during any session.

Questions?
Call
Corrie O'Toole
at 562.985.1179

Sponsored by FSAP and LFSA (the Latino Faculty and Staff Association).

**Facilitated by:
Corrie O'Toole, LCSW
and Dr. Alejandra Priede**