



IN-PERSON WORKSHOPS
SPONSORED BY:
County of Kauai
Agency on Elderly Affairs

PRESENTED BY:
Dr. Dennis Pezzato, PhD
Behavioral Specialist

County of Kauai -Piikoi Building Conference Rooms A & B
4444 Rice St., Lihue HI 96766

LIMITED SEATING

Please Call (808)241-4470 to Register

SELF-CARE & COPING STRATEGIES

FRIDAY, March 10, 2023

1:30pm-2:15pm

Self-care can be anything we do to take care of ourselves in order to stay physically, mentally, and emotionally well. Research suggests that self-care can promote positive health outcomes, such as fostering resilience, quality-of-life, longevity, and the ability to cope with life's many challenges. A little time spent on learning self-care techniques and coping strategies, can pay worthwhile dividends.

COPING WITH GRIEF

FRIDAY, March 17, 2023

1:30pm-2:15pm

Grief is an emotional reaction to loss, any loss. It's not always about loss due to death. Any kind of loss can be emotionally traumatic and be a natural cause of grief. Understanding the processes and feelings attached to grief can help us to make the journey more meaningful and less painful in some ways.

If you need an auxiliary aid/service or other accommodation due to a disability, please contact (808)241-4470 as soon as possible.

Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille or electronic copy.

