



EAP 2012 Spring Regional Workshops



PERSONAL FINANCE 101

Presented by Vincent Pernice, Financial Coach

Date: Thursday, March 22, 2012
Time: 5:30 – 7:30PM
Place: Half Hollow Hills Library, Dix Hills

RSVP by 3/15/12

This workshop will focus on basic principles you need to build financial security. Do you want to lower your debt? Save for retirement? Understand how money works? Learn what the financial institutions are not teaching us about money. No one will take better care of your family's financial future than you...if you have the knowledge. It's never too soon or too late to take control.

THE BRILLIANCE OF RESILIENCE

Presented by Lucille Buegers, LCSW-R

Date: Wednesday, March 28, 2012
Time: 5:30 – 7:30 PM
Place: Sachem Public Library, Holbrook

RSVP by 3/21/11

Life bounces us around sometimes. Everybody has problems. It is how we handle them that matters. Many successful people have weathered difficult times and come out better for it. How did they do it? They all had something called 'resilience'...the ability to bounce back from adversity.

This workshop will take a look at resilience throughout the life span and how we can continue to develop no matter what age we are. As we go through stages in life we face various obstacles. As we navigate through, depending on how we view them, we learn from these experiences and can grow stronger. Join us for an informative look at some of the factors that have been researched and proven to show how we can develop healthier ways of coping and achieve a happier and more fulfilling life.

Visit us at our website at: www.esboces.org/EAP

*Call to Register &
For Directions:*

Call: 631-289-0480



MANAGING STRESS OVERLOAD

Presented by **Cynthia Fischer, LCSW-R**

Date: Tuesday, April 3, 2012
Time: 5:30 – 7:30 PM
Place: Hampton Bays Library

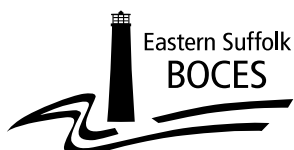
RSVP by 3/27/2012

This workshop will provide an easy to understand biological explanation of what is happening in our minds and bodies when our emotions appear to rule our thinking and behavior as a result of stress overload. Simple and effective tools to manage stress effectively and improve our emotional self-care will be explored. These tools enhance our ability to become more aware of our options, make more rational choices and perceive things more accurately.

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