

COPING WITH CHANGE



SPONSORED BY ARBOR TERRACE, ROSELAND



ARBOR TERRACE

Coping with Change and Loss

Change is the only constant in the world. We can't stop change from happening, but we can learn ways to cope and manage change and stress. This workshop is designed to help people cope with change, even if this is enforced change. By understanding how we are affected by change and the natural way we deal with change, we are able to help people build up a coping strategy that will help them to adapt to ever changing environments.

We will discuss:

- Why we resist change
- How the resistance affects us both emotionally and physically
- Ways to overcome and manage change & stress

Wednesday

Oct. 14, 2020 at 1 pm

Free, pre-registration required

**ZOOM LINK WILL BE EMAILED
AFTER REGISTRATION**

**Pre-registration required
in person or online at
livingstonnj.org/syls**

**Please call 973-535-7925,
option 8 or email
lbranquinho@livingstonnj.org**



Presented by:

Diane Lang, Positive Life Expert, Life Coach & Speaker

As a Therapist, Educator and Positive Living Expert, Diane has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally.