

11/21/2023

TRAUMA TRAINING TUESDAY

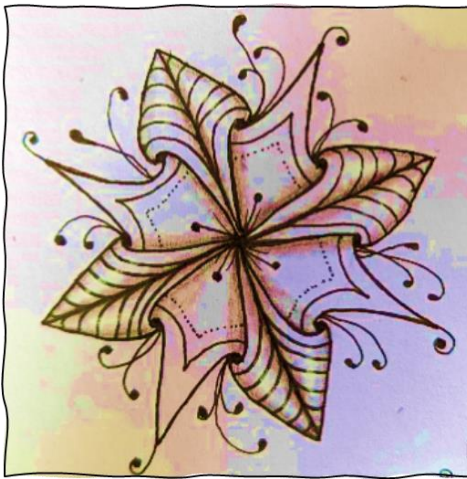
VIRTUAL EDITION

THIRD TUESDAY OF THE MONTH

12:00 P.M.-2:00 P.M.

MANAGING HOLIDAY STRESS and FINDING JOY

With trauma everywhere, we thought it would be helpful to focus on relieving stress and finding joy this month! The Worcester ACTs team and friends will be sharing their best strategies for letting go of worry, being in the moment and finding reasons to be joyful. We hope you will join us to learn about EFT (Emotional Freedom Technique), also called Tapping, Zentangle, a meditative art form, Executive Function Tools and more. We would love to hear how you manage in troubled times- like a virtual cookie swap for the spirit!



Tammy Besio-uses Zentangle to manage stress and create beautiful art! This is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.



Kelsey Hopkins is all about Joy!



Laura A. Cullen- helps men, woman and children identify, connect to and transform their anger and frustrations into Power using EFT- the emotional freedom technique. You can read her story of overcoming and learn more about the benefits of tapping at <https://tapwithlaura.com/>

Using the link below you should be able to join from a desktop, laptop, tablet, or phone at noon on November 21st. It will be recorded for later viewing. No need to rsvp to join, and please share!

Topic: Reducing Stress and Finding Joy

Time: November 21, 2023- 12:00 PM Eastern Time

Join Zoom Meeting

<https://us02web.zoom.us/j/81768933438?pwd=am9HZmxxSkglTmRDTDBFRzMzdjlnUT09>



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Public Health