



Transition Times

Collaborative Workshops Focused on Transitioning & Adult Life Issues

Know Your Feelings: Creative Ideas for Expressing Your Feelings *Learn tools and resources to effectively manage your feelings during challenging times*

Presented by Jonathan Rhoads, a clinical licensed certified social worker and founder of JMR Counseling, LLC., and Juliette Levchenko, social work intern.

- Learn about emotional literacy, different power level of feelings, and how to use identified tools to create a calmer emotional state.
- Explore emotional literacy and learn how different emotions are related to one another.
- Learn about “should” statements and strategies to manage self-criticism.
- Learn about stress relief tools to use during challenging times.
- Learn how to identify and care for your emotions.

Wednesday, January 27th, 7-8:30 pm

Via Zoom

American Sign Language (ASL)

Simultaneous Interpretation Offered

Online Registration is required to receive Zoom link and password for meeting.

<https://tinyurl.com/transitiontimes01-27-2021>

For further information, please contact Melissa Wyman, MWyman@pcr-inc.org