

Coping With Change:

A MindSculpt™ Class for Guahan Academy Charter School Friday, October 7th - 8:00 AM ChST

Do you struggle when significant changes arise in your personal or professional life? Do you feel those changes causing stress for you? Join this therapist-led event for guidance & skill building.

In this class, you'll learn:

- Common types of change & how they arise
- The stages of change that we work through
- A guide for incorporating internal resilience
- Skill-building exercises to explore coping skills that you didn't even know you had

Change is an unavoidable part of life, but it doesn't have to be terrible. Join your team for this class.

No Registration Required
RSVP to the team calendar invite



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