



Holiday Stress

Helpful Tips to Reduce Stress During the Holidays

Presented by Dr. Olivia Domczewski, PsyD, HSPP
Barrington Behavioral Health and Wellness

🎁 **Open to Community Members and Professionals** 🎁

Wednesday, November 20, 2019

8:00am – 8:30am Sign-in and Donuts | 8:30am – 9:30am Presentation

Holiday Stress – Learn strategies to cope with holiday stress including the financial burden, toxic relationships, loneliness and grief. Dr. Olivia will offer coping strategies so that you can manage the stress.



Elderwerks 

**Elderwerks Education and
Resource Center for Seniors**

251 E. Northwest Highway
Palatine, IL 60067

This complimentary event is brought to you by Elderwerks Educational Services. If you are a professional needing CE credit, a \$5.00 donation is requested. Elderwerks is a not-for-profit 501(c)3 organization supporting older adults, seniors and families with complimentary information, referrals and guidance for senior living, care and support services.

To RSVP: Email Events@Elderwerks.org or call 847-462-0885

**1.0 CE credit available to nurses, social workers, professional counselors
and nursing home administrators.**