

WINTER BLAHS AND BLUES

A Workshop for Older Adults

Saturday, February 9, 2019

10:00 am – 12:00 pm

\$35.00

But we're Californians, why are we so affected by the Winter Blahs and Blues?

- ◆ Cooped up by cabin fever?
- ◆ Saddened at the losses of family and friends?
- ◆ Don't have the energy to socialize or work on projects?
- ◆ Worried about getting sick or getting hurt?

PARTICIPATE IN A MORNING WORKSHOP THAT WILL BE:

Informative, Interactive, and Supportive in a Small Group Setting

AT THIS CLASS YOU WILL:



- ◆ *Learn about the difference between Seasonal Affect Disorder and the Winter Blues*
- ◆ *Discuss ways to cope with cabin fever and decreased energy and motivation*
- ◆ *Work on managing mood changes resulting from the losses of friends and family members*
- ◆ *Explore ways to find pleasant events and strategies that can ward off the blues*



**Conducted by Sue Alvey, Licensed Professional Clinical Counselor
Counseling and Consulting with Older Adults and Their Families**

Call 408-784-8304 or email sue@suealveypcc.com
for registration information
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