

Oct. 29, 2024
In person 2 – 4 p.m. and Zoom session 6:30 pm

This is a **FREE** nonpartisan event open to all.
Let's come together to support each other with compassion and hope.

Healing Together: Navigating Election Trauma with Compassion and Hope



Join us for a meaningful presentation on building resilience and practicing healthy self-care during this election season. Our presenters will share valuable tips and strategies to help you cope with pre-election stress, past trauma or personal struggles. Learn effective ways to communicate with family and others on divisive topics, fostering community and preserving important relationships. This session will offer practical, enjoyable methods for managing stress and anxiety, helping you find peace and healing no matter which candidate wins.

PRESENTERS:

**Barbara Paleczny, SSND Andie Celerio, LCPC
Athanasia Papaioannou, MA, PCP, ACC**

Please enter through the Elm Avenue entrance.
Attendees are asked to [register](#) in advance. For more information email: jshankie@ihmsisters.org.



**IHM Motherhouse in Maxis Community Room
610 W. Elm Ave., Monroe ihmsisters.org**