

Adults



# Coping Strategies to Build Resiliency

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Licensed Professional Counselor*



Coping strategies offer an immediate, healthy way to decrease symptoms of anxiety, stress, depression, and anger. Learn how to safely use skills to enhance every life and decrease negative behaviors and/or emotions.

**Thursday, 5/26, 6 - 7 pm**

**M E O Central Library, 822-7800**

Adults

Registration is required.

Customers may request a reasonable accommodation for programs. Requests must be made directly to the branch manager at the time of program registration, but no later than 48 hours before a scheduled event.

