



East Brunswick Public Library and the RWJ Hope and Healing team up to offer three self care and wellness programs this fall. They are held online using Zoom.

SELF-CARE: IN A HURRY - Tuesday, October 26, 12:00 pm

Why are we in such a hurry? Is it pressure we put on ourselves or pressure from society? Do you suffer from "Hurry Sickness," the fear of missing an opportunity if we take things too slowly? Let's learn how to appreciate the time we have and come slow down with us.

SELF-CARE: WHEN A DOOR OPENS - Tuesday, November 9, 12:00 pm

Doors open and close continuously on life's path. They symbolize beginnings, endings and transitions. A door represents a choice; the choices you make alter the path of your life. Come explore how we can appreciate the closing of one door and the opening of another.

SELF-CARE: BOUNDARIES - Tuesday, November 16, 12:00 pm

Do you say "Yes" when you might actually want to say "No" or put someone else's needs ahead of your own too much? Personal boundaries are guidelines, rules or limits we can set for ourselves. Boundaries are created to protect ourselves but they aren't very easy to set or keep. Come learn how we can set these boundaries.

Samantha Malinge is a Senior Support Specialist/Crisis Counselor with the RWJ Hope and Healing program. The program is funded through FEMA to provide support to those who might need some extra help during COVID times.

REGISTRATION REQUIRED. REGISTER AT WWW.EBPL.ORG/CALENDAR

