

BUILDING RESILIENCE WORKSHOP

With

Amy M. Lutz Yotopoulos

Thursday, June 25 - 8:30 am to 12:30 pm - Registration: 8:00 to 8:30 am



In a life filled with challenges,
where do you find the strength to go on?

This workshop will provide you the tools to
help individuals:

Amy M. Lutz Yotopoulos has masters degrees in Health Administration and Gerontology from the University of Southern California. She graduated from Stanford University with a B.A. in Psychology, and has certificates in End of Life Issues and Long-Term Care Administration.

The Building Resilience Workshop is offered in conjunction with Napa County Health and Human Services Agency.

- Identify the “what,” “why,” and “how” of resilience skills
- Build on their inner resilience
- Embrace change and adversity
- Recover and learn from the past
- Apply resilience techniques in everyday life

Free Admission. Pre-registration required. Light snacks and refreshments will be provided

Please contact: Jillian McNab

707.258.9087, ext. 272 or jmcnab@nvhads.org

Expected CEUs (pending approval) for RNs, LVNs, CNAs by the BRN and LCSW, MFTs, LEPs, LPCCs by the BBS



Napa Valley Hospice
Adult Day Services

Compassion. Dignity. Connection.



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