

Presents

PATH TO HOPE LIVE

SUICIDE PREVENTION EDUCATION SERIES

Path to Hope Live is an online educational series on suicide prevention, resilience-building, and dealing with the grief, loss, and mental health challenges of our times. The format of varied presenters and topics pack in heart, lived experience and personal connection. These free events are being offered as a gift to all as we individually and collectively seek balance and renewal in our lives and communities.

Join us as we kick off the series with our first program:

Chronic Illness & Boundary Guidance

featuring

Angelina Caporale

November 19, 2020 | 4:00PM-5:30PM
Via Zoom

Register for free here: <https://patthohope1.eventbrite.com/>



Angelina Caporale was officially diagnosed with Endometriosis three years ago, but has been an Endo Warrior for 27 years. Angelina has a Bachelor's Degree in Psychology, 20 years experience as a Massage Therapist, and over 20 years in Customer Service in Hospitality and in Medical Offices advocating for coverage for patients. Through these experiences, Angelina found Boundaries to be the foundational requirement for healing and successful interpersonal relationships.

Chronic Illness & Boundary Guidance

Chronic illness can turn our life on its head. It can limit our ability to take care of basic needs, from getting dressed to interpersonal relationships. The gift in chronic illness is that we have less stamina and patience as we only have so many "spoons" (increments of energy to extend.) Why is this a gift? We learn what really matters to us and what deserves our time and attention as there are only so many "spoons" and hours in a day. We realize our energy and time are precious treasures we need to guard like a dragon over its gold! How do we guard these treasures? BOUNDARIES!

This session will discuss how, where, & when we need to set boundaries with our self and in interpersonal relationships. We will discuss different ways to say "No" and how to handle resistance that may come up when one starts setting boundaries when we already have limited energy. A guided meditation will be used to visualize standing up for one's self to prepare for boundary setting. Everyone will leave with a solid base for boundary work and a new friendship with the word "No"!

Path to Hope Live will host 7 free events exploring different topics from November 19th to January 21st.

For more information on the entire series of events, go to:
<https://www.stjoesonoma.org/community-outreach/upcoming-events/>

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