Getting Ahead of Holiday Stress

Date: Friday December 6, 2019
Time: 12:00 - 1:30 PM
Registration Link: https://zoom.us/webinar/register/WN_Fd7t2vajQI227VIp6T2kIA

The Holiday season can be a very difficult time for patients, healthcare providers, and families due to increases of personal and professional obligations. This training will educate participants to practice self-care management and de-stress techniques.

Learning Objectives:

- Analyze environmental changes and human circadian rhythms during the holidays.
- Gain knowledge on the psychological impact of the Holidays on different populations.
- Understanding the cultural versus personal meaning of Holy-days.

Guest Speaker: Dr. Adam Coles, MD
General, Child & Adolescent Psychiatrist
Clinical Director - Maui Family Guidance Center

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