



THE ONLY  
CONSTANT  
IN LIFE IS CHANGE

- HERACLITUS

# Coping with Life Transitions



**Fridays at 9:00 a.m. in the  
DHD Room  
Starting on April 5**

Are you navigating through a challenging life transition? Whether it's a breakup, job loss, relocation, or any other significant change, we understand how overwhelming it can be. You don't have to face it alone. Join our supportive community, where you'll find understanding and empathy, and connect with others going through similar experiences.

Facilitated by William Conti, PhD,  
CSAC

For questions, contact Cory Lujan at  
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