



Orange County  
Deaf Equal Access Foundation

# Sad Feelings...What Can I Do?

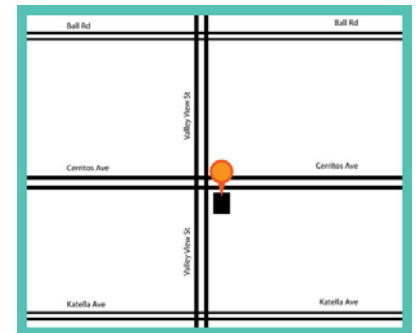
Workshop at OC DEAF



Feel tired, slow, empty and sad?  
Come to this **FREE** workshop to learn about different levels of sad feelings  
and how to feel more energized.

When: Wednesday, **May 8<sup>th</sup>**, from **1 pm to 3 pm.**

**Where:**  
Orange County Deaf Equal Access Foundation  
(OC DEAF)  
6022 Cerritos Ave  
Cypress, CA 90630



### Facilitators:



**Roberto Cabrera, MS,  
IMF, PCI**

(IMF 71517 & PCI 61--Supervised by Dawn  
Hanson, MFC 39203)



**Colleen Voronel, MS, RYT**

**Light Refreshments Provided**

**RSVP: Email [DiversityEmpowerment@gmail.com](mailto:DiversityEmpowerment@gmail.com) with the subject line: "Sad Feelings"  
by May 6<sup>th</sup>! If requesting special accommodations, RSVP by **APRIL 24<sup>th</sup>**.**

For more information, contact OC DEAF:  
**714-826-9793 V/TTY | 714-503-0669 VP | ocdeaf.org**