

# VIBS

## SCLA SSD VIRTUAL WORKSHOPS

### AN OVERVIEW OF ELDER ABUSE

**WEDNESDAY, FEBRUARY 24, 2:00-3:30PM**

Join us for essential information on senior bullying and other issues affecting seniors, including an overview of legal and advocacy services. Participants will have the opportunity to ask questions and get connected to VIBS' resources in real time.

*Facilitated by Katie Grudens, Community Educator, VIBS*

**SIGN UP:** [portal.suffolklibrarysystem.org/node/28913](https://portal.suffolklibrarysystem.org/node/28913)

### SETTING BOUNDARIES DURING STRESSFUL SITUATIONS

**TUESDAY, APRIL 20, 2:00-3:30PM**

We are all pushed to our limits during times of crisis. How do we maintain our sanity while ensuring sustainable families, businesses, relationships and communities? Explore various techniques and methods for creating your own healthy boundaries while allowing freedom to be fully present in the lives of others.

*Facilitated by Katie Grudens, Community Educator, VIBS*

**SIGN UP:** [portal.suffolklibrarysystem.org/scla-ssd-setting-boundaries-during-stressful-situations](https://portal.suffolklibrarysystem.org/scla-ssd-setting-boundaries-during-stressful-situations)

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