



KABALIKAT EMOTIONAL WELLNESS PROGRAM (KEWP)



BUILDING YOUR RESILIENCE SKILLS

Next meeting: May 13, 2023 at 2 PM, EST

Topic: ON PEOPLE PLEASING

Speaker/Wellness coach: Dr. Eileen O'Grady



By attending this session,
WE can develop our Coping
Strategies by practicing non-reactivity,
and protecting ourselves and others

**Attend and complete the KEWP sessions until
September 2023**



**FOR MORE
INFORMATION
CONTACT:**

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Testimonials

From our PNAAP colleagues:

- “Let us continue taking care of ourselves and become CEO of our lives”
- “I am thankful for this program. It is helping open up my feelings...”
- “Another 2 hours spent well”
- “Thank you for a wonderful and insightful session”

Here is the Zoom link to May 13 meeting:

<https://us02web.zoom.us/j/9915007255?pwd=L1dyNFBDa1RmSmF6WGIZSzhGNjhXdz09>

No registration is needed.

**THIS STUDY IS CONDUCTED BY THE UNIVERSITY
OF TEXAS CIZIK SCHOOL OF NURSING, PNAAP,
AND PNAAP**



OUR UNITED VOICES

WISDOM. EXCELLENCE
COLLABORATION. ADVOCACY. RESPECT. EQUITY