

# ***Shark or Goldfish? Surviving & Thriving During Change***

Facilitated by  
**Michelle Stolicker, LMSW**

Now more than ever, fear and uncertainty are becoming staples of life. During changing times, it's easy to worry, give up, and let fear paralyze you. You can't control the events in your life, but you can control how you respond to them. Every day, you have a choice of whether you are going to be a shark or a goldfish. You have a choice of whether you are going to wait to be fed or whether you are going to take control of your destiny. Each day, you make this choice with your thoughts, beliefs, and actions. The choice is yours. Take action and learn to be a shark in our Shark School.

**DATE: Wednesday, October 14, 2015**  
**TIME: 4:00 p.m. — 5:30 p.m.**  
**FEE: FREE**  
**LOCATION: CITI/Oswego BOCES Main Campus  
Conference Room  
179 County Route 64, Mexico, NY 13114**

If you have questions about the program, contact Michelle Stolicker at  
1-800-EAP-8764 or (315) 471-1361

To accommodate participants, please complete and return by:  
**October 7, 2015**

**Shark or Goldfish— October 14, 2015**

Name: \_\_\_\_\_

School Building: \_\_\_\_\_

School District: \_\_\_\_\_

Position: \_\_\_\_\_

School Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email (please print clearly) \_\_\_\_\_

**Return :** **EMPLOYEE ASSISTANCE PROGRAM**  
**c/o OCM BOCES - IEH**  
**Michelle Stolicker**  
**906 Spencer Street**  
**PREVENTION NETWORK**  
**SYRACUSE, NEW YORK 13204**