

LUNCH 'N LEARN



Anna Kumor, PhD, MFT

Director of Employee Assistance Program,
County of Ventura

**WEDNESDAY
MAY 13, 2026
11:30 - 1:00**

REGISTER NOW

Location:



Ventura City Hall
501 Poli St.
Ventura, CA 93001
Conference Room 202

See Parking on Page 2

Info & RSVP:



pshra-ci.org

Topic:

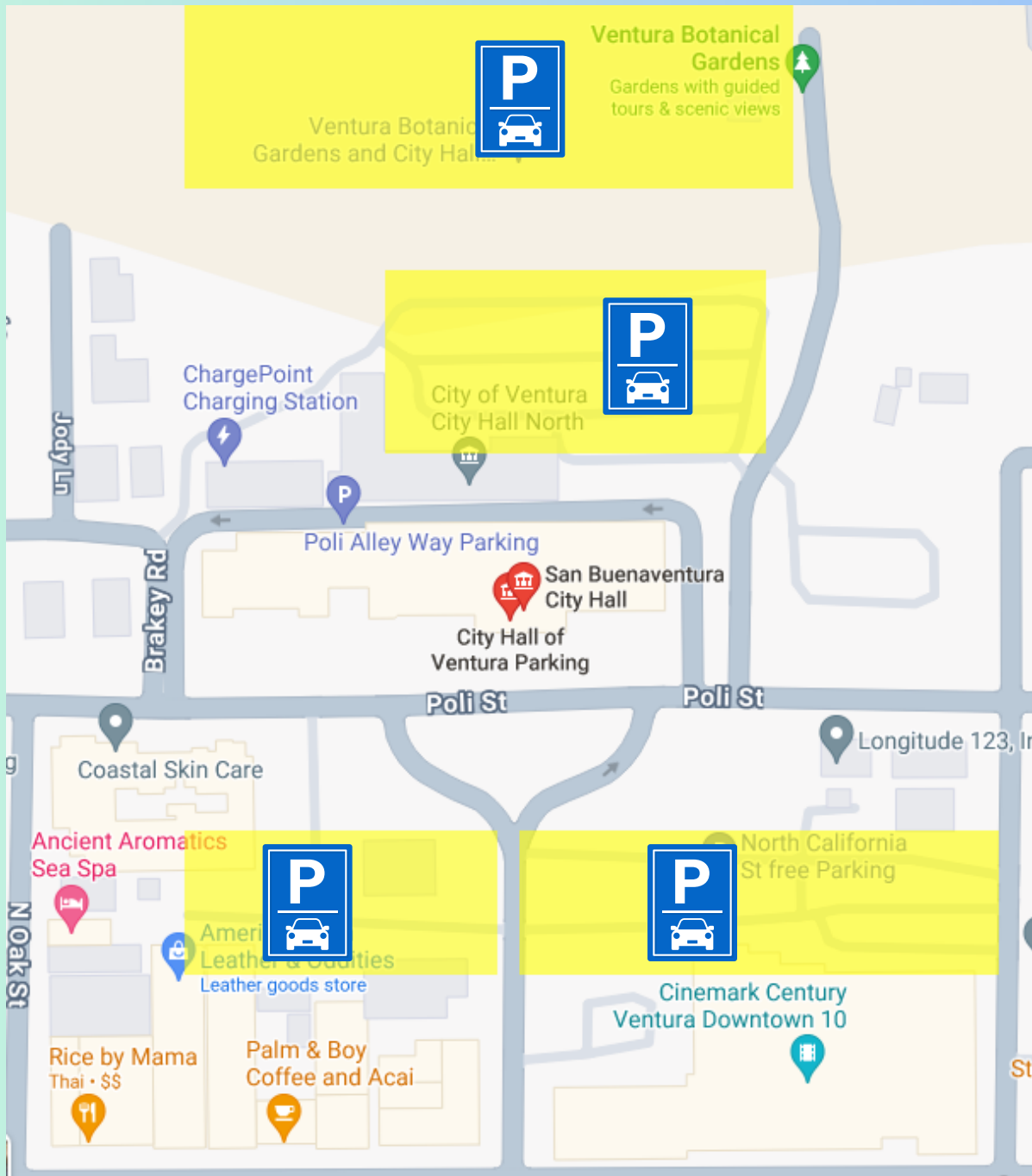
**Sustaining Purpose and Resilience in
Public Service**

Many people choose a career in public service to make a difference and give back to the community. However, few of us are taught what it takes to sustain a level of enthusiasm and motivation to keep serving the community year after year. In this training, you will learn how to manage and ration your emotional and physical energy for maximum effectiveness at work and home. You'll explore how to feel effective despite the demands of an ongoing workload and reflect on what inspires you, using that inspiration to help yourself and others.

Please RSVP by Monday, May 11, 2026

(Cancellations made after May 8, 2026,
will be subject to the luncheon fee)

Parking



Public parking is available behind City Hall.

Overflow parking:

- Botanical Garden's lot behind City Hall
- In front of City Hall:
between Oak St & Chestnut St.