



## **Vision Challenges and Emotional Well-Being: Sharing Strategies to Cope and Thrive**

**August 20th, 2025 Meeting**

**Guest Speaker: Gina Frassetto, OT.**



Date: Wednesday, August 20th, 2025

Time: 3:30 pm to 4:30 pm

Location: Virtual

**Zoom Link**

### **About the speaker**

Gina Frassetto is a mental health occupational therapist who focuses on building skills to enhance emotional well-being. While preparing to become an occupational therapist, her very first experience was volunteering with Annemarie at the low vision rehabilitation clinic! She currently works on an inpatient psychiatric unit, supporting individuals with various mental health conditions and leading groups on topics such as coping strategies, interpersonal skills, and holistic wellness.

### **Discussion Topics**

- Sharing common stressors and emotional responses
- Building a personal wellness toolbox
- Learning from one another's strategies
- Choosing strategies to try outside of the group



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