

Lectures by Dr. Ireneusz Siudem

Last week, further lectures were held as part of the "Strength is in Us" project, for seniors from the Day Care Center for the Elderly, the Senior Citizens' Club and the Pulawsk University of the Third Age.

The lecturer - Dr. Ireneusz Siudem - introduced the issues of violence, talked about famous scientists who have studied, among other things, the mechanisms of violence. During the meetings we sought answers to the questions: Why is violence born in a person? What are the sources of violence? How can we help ourselves to avoid violence? How to relieve frustration and aggression?

Thank you for very interesting meetings, which provided valuable knowledge and made us reflect on our own and our loved ones' behavior.