



MFSUS Online Meetings &  
Army Community Services-Fort Myer

## Emotional First Aid

**Looking for tools that help increase resiliency and self esteem, in order to minimize the impact of “everyday hurts” to your emotional wellbeing?**

MFSUS & Army Community Services-Fort Myer invites you to join us from the comfort of your home computer for an online meeting with guest speaker, Megan Read, LSW, who will be sharing information with us based on the book: Emotional First Aid, by Guy Winch, PhD. During the session participants will learn to identify and describe the seven most common psychological injuries, or “everyday hurts” we all encounter. For each injury, participants will learn specific and practical ways to treat them, based on research. There will be a time for Q&A at the end.

**We all use a first aid kit occasionally for a cut or scrap, but when it comes to the impact of rejection or failure on our emotional health, we have no first aid kit equivalent.**

**When:** Wednesday, January 24th

**Time:** 2pm ET, 1pm CT, 12pm MT, 11am PT, 10am AK, 9am HI

**Where:** Join from the comfort of your home computer!

### STEPS TO JOIN:

**CLICK HERE TO REGISTER**

- \* Fill out the requested information on the registration page. (this information is not shared)
- \* Once you have registered, you will be sent an email with a link and instructions for joining the live session on January 24th. **Save this email!**
- \* When you join the session, follow the instructions for logging into the audio using your computer and not the phone.
- \* **You cannot join a WebEx Session from a DWAN computer.**
- \* For more information contact: [mfs.virtual@cfmws.com](mailto:mfs.virtual@cfmws.com)

### Megan Read, LSW

Megan Read is a Prevention Support Specialist for the Family Advocacy Program within Army Community Service on Joint Base Myer-Henderson Hall in Arlington, VA. She teaches and creates curriculums for life skills classes with a prevention focus, including Anger and Stress Management and Parenting classes. She graduated from Baylor University with a Masters in Social Work in 2011 with concentration in Physical and Mental Health and holds a License in Social Work from the state of Virginia. Wife to a Soldier, she recently moved to the area with her husband and two boys, aged two and four.

