



Self-Care for Behavioral Health Care Workers

June 4th, 11th, 18th, and 25th 12:00pm - 1:00pm

A virtual support group for all those who work in the Stark County behavioral health world-both public and private.

These are difficult times with significant change. Often as mental health workers we take care of clients, family, friends, and other professionals, but who takes care of you? You may find yourself struggling to adapt to this environment and its impact. You may have increased concerns about the safety, physical and mental health of your family, friends, and clients. Join a supportive community of colleagues to talk about any stressors as it relates to this pandemic.

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WHO SHOULD ATTEND

Those who work in the Stark County behavioral health field.

LOCATION

Virtual meeting room.

COST

FREE

REGISTRATION

You can sign up for any or all sessions. Please register by emailing Mary Kreitz at mkreitz@childandadolescent.org. There is a max of 15 participants for each group. Additional groups may be offered if need is identified.

Questions? Contact Mary Kreitz, C&A Trauma Program Manager, at mkreitz@childandadolescent.org.