

# RECHARGE: Refueling Our Mental Health Heroes

Date: Friday, September 17, 2021



Celebrate Recovery Awareness Month in September with us!

## Mental Health Professionals:

**It's your moment to shine.** Meditate with us as we recognize your hard work during Covid-19. Then, pick up your Empowerment Pack & Lunch!

## Registration:

**Register for zoom link -**

<https://www.eventbrite.com/e/recharge-refueling-our-mental-health-heroes-tickets-167623256673>

## Event Schedule:

### Part 1: 9:30-11 AM Recharge Experience on Zoom

- Relax & Release through Mindfulness & Meditation by Tyona Y. McGee-Ezeilo, MSW, RCSWI
- Compassion Fatigue by Dr. Anna Lisa De Lima, Ph.D., LMHC, NCC from Hanley Center at Origins
- Connect with fellow clinicians

### Part 2: 11:30-12:30 PM Drive Thru for Support

- "Recharge & Empower" Toolkit by Debbie Manigat, LMFT, AAMFT MFP Doctoral Fellow
- Free and individually boxed lunch by BDS Catering

## Event Sponsors:

American Association for Marriage & Family Therapy Minority Fellowship Program, Florida Family Therapy Alliance, Hanley Foundation.

For more information,  
contact event partner:

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