



Virtual Support Meeting Tonight for Addiction & Mental Health Professionals

As professionals working in behavioral health, we are collectively experiencing numerous personal and professional stressors, uncertainties, and fears as we navigate these uncertain times. With the abundance of online resources for those in recovery growing by the minute, we couldn't help but wonder- "What can we do for the professionals working in mental health and addiction?". Individually, we are working tirelessly to make addiction and mental health treatment accessible to those in need while also trying to implement best practices of "social distancing". What does this current space look like? How long will it be like this? How do we meet the needs of our patients/ clients? How do we as owners of businesses or private practices adapt, support each other, and not become overwhelmed with our fears so that we may best treat and support our clients? How do we meet the needs for our own self-care/ care of our families? How are we Implementing technology or new processes? We are not offering answers, but instead we are offering a space where we believe, collectively, we can find the support and answers we are seeking as professionals in the field, together. We believe that it vital for us to come together and set aside the things we may not agree upon to preserve ourselves and our communities. To grow together in new ways. A call to action of sorts, while also being a safe space for professionals to support each other through these trying times so that we may all come out the other side.

Please join Jen Dorsey, Mallorie Schwartzman and Zach Snitzer for our first **Virtual Support Meeting**. This offering is open to any professional working in the addiction and mental health field. Come as you are. Bring your authentic self. And let's help each other, so that we may help our patients and clients.

- 1-hour Virtual Support Meeting for Addiction and Mental Health Professionals.
- Intro, Guided Meditation by Lisa Manning CST.
(Advancedhealingart@gmail.com) Open Discussion, Q&A

When/Where: Every Thursday, 8:00 PM EST

Join Zoom Meeting: <https://zoom.us/j/738288807>

Meeting ID: 738 288 807

We are looking forward to having you join us! Please remember, we will get through this together.

Jenn Dorsey, Mallorie Schwartzman & Zach Snitzer