



Please help get the word out at your agency for this upcoming webinar.

Topic: Keep Calm and Practice Self-Care

Description: When it comes to taking care of people are you last on your list? Do you give all of yourself to your clients and have nothing left when it comes to you? Then signing up for *Keep Calm and Practice Self-Care* is the first step in honoring your professional and personal commitments. Increase your effectiveness by learning techniques to reduce professional stress and avoid burnout in this interactive workshop.

DATE/TIME: Tuesday August 15th at 1pm eastern time

Register now:

<https://register.gotowebinar.com/register/8233573360715753473>

Presenter: Whitney Cherner, LCSW, Vice President of Career & Employment Services at Ruth & Norman Rales Jewish Family Services in Boca Raton, FL.

Whitney Cherner, LCSW, is the Vice President of Career & Employment Services at Ruth and Norman Rales Jewish Family Services. She received her MSW from Florida Atlantic University and holds a B.A. in English from Florida State University. Prior to joining JFS, Whitney worked as a therapist with an emphasis on empowering clients throughout the process of community reintegration. Whitney approaches her work and the opportunity to support those in need as a privilege.