

Join Us Online!



MAY WEBINAR SERIES

REGISTRATION IS OPEN!

1

**Cleaning Our Trauma
Colored Glasses: Taking Care
of Self While Helping Others**

**MAY 7, 2020
9AM-11AM**

- Identify how burn out and vicarious trauma limits our ability to provide services
- Distinguish ways that past trauma can cloud perceptions of others
- Identify tools to shift our actions and responses to avoid causing harm

FEATURED PRESENTERS:

Addiction Haven

- Angie Geren
- Founder/Executive Director

Arizona Coalition to End Sexual
and Domestic Violence

- Doreen Nicholas
- Domestic Violence Response Manager

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2

**Peer to Peer: Promoting
Emotional Connection to
Enhance Mental Health**

**MAY 19, 2020
9AM-11AM**

- Recognize how stigma and bias impact access to help for peers
- Tips for enhancing self care and emotional connection with support systems
- Coping strategies for connection during social isolation

FEATURED PRESENTERS:

Ashwin Nambiar, MD

- Masters in Health Care Delivery, Arizona State University

Mental Health America of AZ

- Erin Callinan, MSW
- Associate Director

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3

**Mental Health and Suicide
Awareness in the Virtual
Workspace**

**MAY 28, 2020
9AM-11AM**

- Tools for fostering a healthy online workspace environment
- Providing workplace and employee accommodations
- Identify warning signs of suicide and address common myths
- Resources and interventions

FEATURED PRESENTERS:

Crisis Response Network

- Beth Brady, LAC
- Director, Organizational Strategy & Education

Mental Health America of AZ

- Erin Callinan, MSW
- Associate Director

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