

11/8/22

Upcoming Webinar

Tier 2 Extra Scoops Workshop Self-Care

November 15, 2022
1:00 p.m.

Self-care can play an important role in risk prevention, which not only prevents staff burnout but helps individuals be more successful in their everyday lives, living situations and in the community. This workshop will cover the foundations and purpose of practicing self-care for ourselves and the individuals we serve. Examples of practicing self-care will be provided, as well as how to teach others to care for themselves. This will be an interactive workshop with participant involvement and activities. In addition, participants will receive resources to practice with your agency.

Presenters:

- Rhiannon Evans: Director of Risk Prevention (Tier 2)
- Nicole Jones: Tier 2 Western Area Lead
- Rachael Osterling: Tier 2 Central Area Lead
- Carl Hoening: Tier 2 Eastern Area Lead

Target Audience:

- Division Team Members
- TCMs
- Service Providers
- Other Interested Individuals

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