SELF-CARE WORKSHOP

FOR DIRECT MENTAL HEALTH PRACTITIONERS AND VICTIM ADVOCATES

November 18, 2022

9:00am-2:00pm

Thompson Park, Lincroft, NJ

New Jersey Children's Alliance

This fun, interactive workshop will provide those who provide direct client service in mental health and victim advocacy with tools and techniques for their own self-care as well as to potentially utilize with clients. The workshop will include therapeutic journaling, meditation, and mindfulness techniques.

Breakfast, lunch, journaling materials, and take-home resources will be provided.

Registration deadline: Friday, November 4th. Registration is limited.

Note: This workshop is only open to those who provide direct client services in mental health or victim advocacy.

Register here

https://tinyurl.com/ynvknws4