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Promoting Wellness and Recovery

Taking Care of Yourself

December 10, 2015
Webinar

To RSVP, please click or enter the following link to register.

<https://attendee.gotowebinar.com/register/968000511342867714>

Sometimes the last people that the professional caregiver takes care of are themselves. This neglect undermines healthy self-practice but can be corrected if caregivers not only pay attention to their consumers, but also pay attention to their own self-care. There is no "one-size-fits-all" self-care plan, but by making a commitment to attend to all the domains of your life, include physical, psychological, emotional, spiritual, needs, and relationships, you can have a common thread to all self-care plans.

- Participants will learn various methods that one can use to take better care of self.
- Participants will learn how to use mindfulness to stay in the moment.
- Participants will learn how to use progressive relaxation to minimize stress.

This training is offered by Coalition on Homelessness and Housing in Ohio (COHHIO). You must register through <https://attendee.gotowebinar.com/register/968000511342867714>.

Target Audience: Various Housing Providers/Housing Staff

CEU: COHHIO is offering 1.5 social worker Continuing Education hours for this webinar. In order to qualify for the continuing education units, you must attend the entire webinar, which we monitor through the GoToWebinar analytics. Next you must take a test of the information presented in the webinar and pass with an 80% rate. Additionally, we'll need you to complete an evaluation of the training.

Date/Time: December 10, 2015
10:00 AM - 11:30 AM EST

Registration Fee: \$0, Free.

If you have any questions, please contact K. Betts at OhioMHAS.
reservations@mha.ohio.gov | Fax (614) 485-9738 | Phone (614)466-9955