

FREE WEBINAR

Wednesday, July 7, 2021 | 10:30 AM – 12:00 PM

Part 36: How Are You, Really? Effective Ways to Support Mental Health and Healing for Our Teams and Participants

JULY 7 - WHAT WE WILL COVER

Supporting mental health is a key aspect of well-being and is a more important part of our services than ever before, as centers begin to bring participants back for in-person care. While we share a common pandemic experience that has reshaped our life and work, research indicates that many of us are facing unique challenges with mental health during this time due to isolation and loss. Learn how we can nurture healing in ourselves, our participants, and our communities through first understanding the nature of trauma. Suzie will lead us in some somatic exercises and welcomes your questions in advance.

HOST

Lydia Missaelides, MHA, Executive Director, Alliance for Leadership and Education

PRESENTER

Suzie Gruber, MA, SEP, Somatic Experiencing/NARM Practitioner



Suzie Gruber, MA, SEP, holds advanced degrees in Chemistry & Psychology. She spent 15 years in biotechnology before returning to her first love - inspiring people to transform their lives. Now, as a personal development coach and training assistant for the NARM Training Institute (Neuroaffective Relational Model), Suzie offers workshops and webinars designed to provide a trauma-informed lens through which service providers and leaders can better serve their clients and staff.

FEES

CAADS MEMBERS: No Charge

NON MEMBERS: Registration fee waived

HOW TO REGISTER

Registration includes access to the webinar for each attendee/email address registered. CAADS keeps one primary contact and we send information to that one individual. However, during this time and with centers that have staff working remotely, we encourage you to share this registration link with YOUR CENTER STAFF that you feel would benefit from listening to this webinar. **Use this link to register:** <https://attendee.gotowebinar.com/register/5313853251641143309>

Internet connection and computer speakers / microphone OR access to a telephone for the audio presentation is required.

NOTE: Log in early! With the growing number of individuals needing to telecommute, please be patient and understand that both telephone and WiFi lines are being overloaded during the shelter in place order. If you can't login, try and try again or just call in with your telephone. If you are still having issues, please reach out to "GoToWebinar" customer service at 1-800-263-6317.