

MIIA EAP Professional Development Training



Date:

Tuesday, July 13, 2021

Time:

2:00pm

Presenter:

Anna Cherubino, LMHC

To Register, click on below link:

<https://attendee.gotowebinar.com/register/1927023184718010380>

Reset and Renew

This session reaches into how to make space for perspective-building following a year of challenging times. We will discuss making time to look back and take stock about what good we experienced, what bad we grew from, what we do and do not have control over, as we prepare for future thinking? What are the ways we like to plan for returning to work? How do we get through our emotional and relational journeys to believe in what follows? Reset and Renew is an opportunity to make space for this type of group discussion.



Presented by your Employee Assistance Program AllOne Health **1.800.451.1834**