

“Dewey” Need Some Care?

Weekly Series to “categorize” concerns and “organize”
coping strategies for New Jersey Librarians

“Check us out” on Tuesdays and Fridays at 4:00 pm

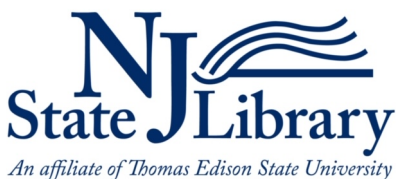
Session 1 on May 26 and May 29:
Creating a Work/Life Balance: Practicing Self-Care

Session 2 on June 2 and June 5:
Stress Management and Coping: Dealing with Uncertainties

Session 3 on June 9 and June 12:
Reducing Anxiety and Promoting Resilience: Preparing to Return to Work



Zoom Info



Meeting ID: 969 4477 9979

Password: 025835

<https://zoom.us/j/96944779979pwd=Wkx3MmFIYml3ZjFkOGFBWWxPWXg1UT09>



This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA) grant.