

STRESS DURING COVID-19 WORKSHOP

This two-hour online workshop will review stress management techniques to teach clients, as well as to utilize ourselves. We will explore the nervous system as it attempts to make sense of the limitations caused by the current pandemic.

FACILIATOR:

Jennifer Johnson, LCSW is a local mental health therapist, as well as a Lecturer at Stanislaus State University. Jennifer has experience training on a wide variety of topics within the behavioral health field.

TARGET AUDIENCE: This workshop is open to all staff.

COST: This workshop is free to attend.

HOW TO REGISTER: [Click HERE to register.](#)

A Zoom meeting link will be sent to registrants prior to training.

Note that this is an online training and a computer/laptop with audio capabilities will be needed to participate. Please inform your supervisor of any technical needs prior to training.

AVAILABLE TRAINING DATES

Friday, March 12 - 2:00 PM - 4:00 PM

Monday, March 15 - 9:00 AM - 11:00 AM

Monday, March 22 - 9:00 AM - 11:00 AM

Monday, March 29 - 9:00 AM - 11:00 AM

No Continuing Education Units (CEUs) are available for this workshop.

Please contact Caitlin Haygood by e-mail (Caitlin.Haygood@countyofmerced.com) or phone at (209) 381-6832 if you have questions, concerns, special needs, or require additional information before registering for this virtual training.

