

Early Intervention Week 2024

Caring for the Caregivers: Strategies to Expand Resilience

Jamie will lead us in a variety of experiential practices.

About:

Caregivers, Professionals, interested adults, & teens.

We are all so busy helping and supporting those around us - let's not forget to support ourselves!

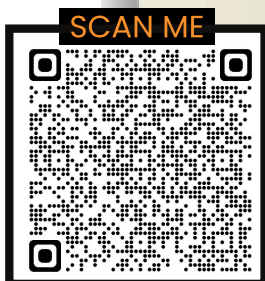
With the goal of protecting and strengthening our physical **and mental health**, this session will talk about and show us how to expand our resilience. We will practice several different strategies utilizing yoga, breathing techniques, mindfulness, and more.

Jamie Hanley is a Licensed Professional Counselor who practices through a holistic and intersectional feminist lens. Having experienced how much yoga helped her manage anxiety, Jamie integrates yoga therapy techniques such as mindfulness, breath work, meditation, and guided relaxation with cognitive interventions when supporting clients.
jamiehanley.com

Virtual
Presentation:
Tuesday,
May 14th
at 6:00 PM

Facilitated
by Jamie
Hanley

Jamie Hanley has taught 100's of clients how to prioritize their mental health, learn coping skills, & live in alignment with their values.



[Register Here](#)

