

Subject: Prevent Burnout and Address Racial Trauma

From: Sarita Sashington <stayconnected@beststrongfamilies.net>

Date: 3/20/2024, 7:00 AM

To: mcateed@mokena159.org

Upcoming featured workshop to start your new year fresh!

Upcoming Featured Guest Workshops

Beyond Self-Care: Avoiding Burnout from an Ecological Perspective

[shutterstock_1613072785](#)

The experience of burnout in the workplace is at an all-time high. The common-place solutions to burnout are often superficial and ineffective. They don't get to the heart of the issues. In this presentation, we will explore the main causes of burnout and the creative solutions to address burnout in our stressed out world.

Where

Online, Live

When

Thursday, April 18, 2024

1pm - 4pm CST

Register now

Speaker

[justin-henderson](#)

Dr. Justin D. Henderson is program co-director, co-clinical coordinator, and assistant professor of Professional Mental Health Counseling with specialization in Addictions at Lewis & Clark College in Portland Oregon. He is a licensed psychologist and national certified counselor with years of experience both in mental health care and administration. Dr. Henderson helps individuals and organizations find meaningful and sustainable solutions to workplace burnout. His writing on burnout became a viral sensation on Medium and he has been named a top writer in the area of leadership on the platform.

Register now

Addressing Racial Trauma in Young Children: **5 Early Childhood Interventions**

shutterstock_1177724560
cropped-1

This training will focus on interventions for racial trauma as experienced by young children. Dr. West-Olatunji will discuss race-based stress as an adverse childhood experience (ACE) and how to identify the symptoms. More importantly, the training will offer solutions and interventions that adults can implement to arm children against threats to their self-esteem, self-actualization, and self-identity to promote healthy emotional and psychological well-being and lifelong success.

Where

In-person, Live

When

Friday, May 17, 2024
9am - 1pm CST

Register now

Speaker

West-Olatunji HD
cropped-square

Dr. Cirecie West-Olatunji is founder and CEO of CRESTSprogram, LLC. She has 20+ years of clinical experience as a private practitioner and community counseling center developer. Her research focuses on the effects of systemic oppression on culturally marginalized

individuals, families, and communities. Dr. West-Olatunji's publications include 3 books, over 20 book chapters, and more than 100 articles.

Register now

Can't Attend the Live Sessions?

Get your own on-demand recordings and materials of this workshop and access anytime at your convenience!

Get the On-Demand Version

Be Strong Families, 1074 W Taylor St., #354, Chicago, IL 60607, USA, (800) 805-2505

[Unsubscribe](#) [Manage preferences](#)