



COPING WITH STRESS AND ANXIETY : PRACTICING SELF CARE AND SELF COMPASSION



PLEASE JOIN US FOR A WEBINAR

Thursday, December 17, 2020
10:00 a.m. -11: 15 a.m.

You are invited to a Zoom meeting.

When: Thursday, December 17th 10:00 a.m.- 11:15 a.m. (Eastern Time (US and Canada))

[Register](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

Please note if you are registering with an email that does not indicate the municipality you work for you will need to send an email to mmarino@mma.org after attending to receive MIIA Rewards credit for attendance.

You must be in attendance the entire time to receive Rewards credit for this training.

Although we are always dealing with stress both in our personal lives and our professional lives, this year has been a major test of our coping mechanisms. Municipal employees always seem to be working in a stressful environment. Even during the best of times both our spirit, along with our budgets, are stretched way too thin. With the holidays looming and the ongoing pandemic creating more uncertainty than ever, we can all use some tips in self-care both for ourselves and our families.

If you recently attended a webinar on 11/12/20 facilitated by Cally Ritter, we hope you'll consider joining Cally again on 12/17/20, when she'll provide fresh content and experiential learning. During this webinar, participants will explore coping strategies, make personal reflections, and examine newer ideas on how to practice self-care and self-

compassion.

Presenter: Cally Ritter- A Licensed Independent Clinical Social Worker, Cally has a bachelor's degree from Bucknell University and a Master of Social Work from the University of Pittsburgh, is MCAD-certified, and is a certified Motivation Factor practitioner.

This webinar qualifies the MIIA member for .25% credit under the FY21 MIIA Rewards Program under Public Officials Liability, School Board Liability or Law Enforcement Liability categories.

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