

MIIA Professional Development Training



Date:

January 19, 2021

Time:

2:00-3:00 pm

Presenter:

Anna Cherubino, LCSW

To Register, click on below link:

<https://attendee.gotowebinar.com/register/6178016610158830861>

How to Beat the Winter Blues

Before the winter season and less daylight hours blindsides you and your family this year, get a head start on your wellness, and sanity. Bring to the session your greatest challenges with the juggle between work, family, friends and the ongoing pandemic. What are your goals in 2021? Whatever they are, set your intentions and we will discuss how to overcome the challenges we face with the winter blues and the pandemic struggles.

MIIA

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