

MIIA Professional Development Training



Date:

February 16, 2021

Time:

10:00am - 11:00am

Presenter:

Steven Bernstein, LMHC, CEAP

To Register, click on below link:

<https://attendee.gotowebinar.com/register/3784109316630250765>

Stress Management in Uncertain Times for First Responders

Today's pandemic has required that we adapt in ways that we never have and has fueled so many understandable emotions. The phenomenon has impacted our personal and work lives like nothing else. Join us as we come together to reflect on the impact and meaning of this experience and illuminate strategies for coping, learning, and moving through uncertain times at home, work and within ourselves.

MIIA

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