

MENTAL WELLNESS SUPPORT WORKSHOP FOR EDUCATORS

Because helpers need help too



KELSEY CAHILL

Speaker

Counselor, MEd, LCMHCA



TARA MUMA

Speaker

Counseling (CMHC) Intern

DISCUSSION & INSIGHT

This workshop is designed to provide educators with **support, coping skills, and self-care strategies**, utilizing expressive arts interventions.



June 15/16 - July 20/21



Wed 5:00-6:30pm or
Thu 9:00-10:30am



The Center for Creativity & Healing
4728-C Park Rd.
Charlotte, NC 2820



\$300 due by June 8th
Early bird special by June 1

BOOK BY 6/1 FOR
10% OFF

REGISTER NOW:

officeadmin@tcfch.org
(704) 523-5567 ext. 5