



FREE Monthly Webinar Services Presents:

***Mental Health for Superheroes:
Acknowledging Self While Advocating for Others***
Tuesday, January 18, 2022 at 2 p.m. (Eastern)



Returning back to “normal” has never felt so uncomfortable. After a year of unforeseen situations, life challenges, and a myriad of losses, giving of yourself in the workplace and even at home has become harder for many to do.

As a profession engulfed in a high intensity, result-driven, fast paced world, it’s imperative to acknowledge self, while advocating for others.

In this session, Chardé will share signs and symptoms of suicide, applicable strategies for self care, and best practices in supporting both those you love and yourself, as we navigate the new “normal” as local superheroes.

Chardé Hollins is an independently licensed clinical social worker and the owner of Relevant Connections, LLC. She is trained in trauma treatment and suicide prevention, with experience working alongside justice-involved youth and trauma-affected communities. Chardé formerly served as a social worker in schools, healthcare, corrections, and as an advocate for court-involved youth.

She is highly regarded for her ability to gain rapport and culturally adapt efficacious interventions that have been shown to work but remain in need of cultural refinement. Specializing in creating safe spaces for difficult conversations, Chardé consults with organizations committed to increasing their cultural awareness and access to behavioral health services by naturally integrating emotional wellness supports and inclusive policies into their agencies culture, services and mission.

Through a strategic and innovative approach, Chardé has supported a variety of agencies in promoting DEI practices, while also becoming an advocate to disrupt the stigma of mental health and reinforce to all that "Mental Health is Physical Health".



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2OnqxbT7qTIUa1xc1Jlg](https://us06web.zoom.us/webinar/register/WN_s-2OnqxbT7qTIUa1xc1Jlg)

Handout will be available a day or two before the event from our home page.

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Management Category:
Self-Management Skills.

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