



If you work or volunteer for a non-profit organization doing social support in Maine, you qualify for

free stress management, wellness, and resiliency support

UPCOMING WORKSHOPS:

Thursday, March 25, 1:00-2:00pm: RESILIENCY STRATEGIES DURING A PANDEMIC

Friday, March 26, 11:00am-12:00pm: SUSTAINING COMPASSION

Tuesday, March 30, 1:00-2:00pm: DE-ESCALATION TECHNIQUES

Friday, April 2, 1:00-2:00pm: STRESS MANAGEMENT

Tuesday, April 6, 9:00-10:00am: ACCOUNTABILITY IN THE WORKPLACE

Thursday, April 8, 4:00-5:00pm: WORK/LIFE RHYTHM

Monday, April 12, 9:00-10:00am: MANAGING YOUR TIME AND TASKS

Thursday, April 15, 10:00-11:00am: RESILIENCY STRATEGIES DURING A PANDEMIC

Thursday, April 22, 2:30-3:30pm: STRESS MANAGEMENT

Friday, April 23, 9:30-10:30am: IMPACT OF ATTITUDE

Tuesday, April 27, 2:00-3:00pm: MANAGING THROUGH CHANGE (A workshop for leaders)

Wednesday, April 28, 2:30-3:30pm: RESPECTFUL WORKPLACE

Workshops are facilitated by licensed mental health providers and accessible via Zoom at the following link:

<https://emhs.zoom.us/j/94854794522> Meeting ID: 948 5479 4522

Video participation is strongly encouraged

To schedule additional services, including free, confidential individual support, please send an email to

StrengthenME@northernlight.org or call 1-800-769-9819.