

Cultivating Wellness and Resiliency: Understanding and Combating the Impact of Secondary Traumatic Stress (STS)

In this day long workshop, participants will learn the signs and symptoms of STS and its' potential impact on the worker's health, wellbeing and performance. Common situations that contribute to STS will be explored along with preventative and protective actions that can be taken.

Participants will learn about and practice mindfulness based stress reduction techniques (based on the evidence-based MBSR course as developed by Jon Kabat-Zinn and the UMass Center For Mindfulness), which are proven to enhance a person's ability to effectively recognize and respond to stress, minimize the harmful impact of stress on a person's physical and mental wellbeing, and promote resiliency.

Facilitated By
Patti Holland, M.S., C.R.C. and
Jessica Wozniak, Psy.D.

Intended Audience
Any staff engaged in working with families in their homes and other community-based settings.

Registration Information
To register, click the link in the region where you would like to attend the training. You will then be taken to an EventBrite page to submit an online registration.

Registration Deadline: Friday, February 27, 2015.

Continuing Education Credits
Social Work and Marriage and Family Therapist Continuing Education credits are being offered for this workshop. Participants are expected to sign-in and out at each session, attend the entire program, and complete all evaluations. Obtaining CE credits is **FREE** for all participants.

# Credits	Price
4.5	FREE

Social Work: The application for social work continuing education credits has been submitted to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work.

MFT: Application has been made to Family Development Associates for the certification of hours for Licensed Marriage and Family Therapists (LMFT's).

To obtain CE credits, participants will be asked to provide their: name, professional license number, mailing address, and contact information on the CE Certificate Application Form. Participants will receive certificates by mail 4-6 weeks after the seminar.

Questions
For any questions or concerns, please contact:

Amy Horton
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Technical Assistance Collaborative
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Region	City	Hotel	Date	Time
Central	Marlborough	Best Western Royal Plaza Hotel	3/19/2015	10:00 AM – 4: 00 PM
Western	Chicopee	Days Inn, Springfield-Chicopee	3/20/2015	10:00 AM – 4: 00 PM
Metro-Boston	Newton	Boston Marriott Newton	3/24/2015	10:00 AM – 4: 00 PM
Northeast	Andover	Wyndham Boston Andover	3/30/2015	10:00 AM – 4: 00 PM
Southeast	Taunton	Holiday Inn, Taunton-Foxboro	3/31/2015	10:00 AM – 4: 00 PM

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