

Self Care for the Professional

Wednesday, April 14, 2010

at ON TASC Training Room, 5500 Market Street, Suite 119, Youngstown, Ohio

9:00 a.m.—4:30 p.m. - Registration starts at 8:30 a.m.

6 Hours/ Cost \$70.00 **NOW \$50.00**

In this workshop, participants will learn, among other things, how to relax! This includes deep breathing techniques, guided imagery exercises, & self-guided meditations that can help professionals to better cope with their work life. Other topics to be covered include balancing your personal & professional life, how to recognize when stress is reaching dangerous levels, coping skills for the workplace, & the importance of healthy lifestyle choices. As part of this workshop, participants will be exposed to some of the latest research on self-care issues, use video & small group discussions to further explore these concepts, & develop their own Self-Care/Wellness Plan that can be implemented after leaving the workshop.

Presenter, Jamie Marich, M.A. (ABD), LPCC-S, LICDC

REGISTRATION FORM

Registrations must be received at least 1 week prior to the workshop. Payment or purchase order must accompany your registration. All paid registrants will receive an email confirmation one week prior to the workshop, if not please call. Emails are required for confirmation & will also be used for any weather-related cancellations.

Mail or FAX to: ON TASC, Inc., 5500 Market Street, Suite 119, Youngstown, Ohio, 44512 or FAX to 330-783-1223

For questions, please call ON TASC, Inc. @ 330-783-5800 or email ontasc@aol.com

CREDIT INFORMATION:

Both ON TASC, Inc. & Prevention Partners Plus are approved providers of RCH's through the Ohio Chemical Dependency Professionals Board & CEU's/CPE's for counselors & social workers through the Ohio Counselor & Social Worker Board. Contact hours to be awarded are listed by each workshop description.

ASHLAND CREDITS OFFERED

In order to obtain Ashland credit, you must have at least 14 contact hours from eligible workshops in our 2009-10 brochures per semester credit hour. There is a required out of class assignment which may be, but not limited to the following possibilities: a presentation to your staff, an action plan, lesson plans, a critique of the presentation, or reflective journal. You may obtain more than one semester credit, but remember you are required to have 14 contact hours per semester credit hour.

The fee for each semester credit hour is \$225

6 Hours will be awarded for this workshop

Name _____ County _____

Organization _____ Yes, I am interested in Ashland Credits

Address _____ City _____ Zip _____

Phone _____ Fax _____

Email _____ (Required for confirmation)

PAYMENT MUST ACCOMPANY YOUR REGISTRATION. A PARTIAL REFUND OF \$50.00 WILL BE MADE IF YOU CANCEL AT LEAST 7 DAYS BEFORE THE TRAINING.

Method of payment:

Check Enclosed (make checks payable to ON TASC, Inc.)

Purchase Order # _____

Credit Card MasterCard Visa Discover American Express

Card # ExpDate /

Signature _____