



# Creating a Personalized and Practical Plan for Responding to Life's Demands

FREE: 2 IDFPR CEU's for LSW/LCSW, LPC/LCPC, Psychologist, IAODAPCA (pending), and CPDU'S for School Professionals (pending)

Today's fast-paced and demanding world often leaves people feeling overwhelmed and overstretched. People often exclaim that they "need a break" but really don't know what that break would look like. When stressful situations go on for a long period of time, people often forget what will fill their cup and make them feel rejuvenated. In this seminar you will learn about not just why you should pay attention to your own needs but how!

> Monday, January 6, 2025

> 9:00 am - 11:00 am

> McHenry County Mental Health Board  
620 Dakota Street, Crystal Lake

 **Registration Link** >>>



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