

ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH

MAY SERIES

VIRTUAL WEBINARS

FREE

OPEN TO THE COMMUNITY
CLOSED CAPTIONING PROVIDED
SOCIAL WORK CEU's AVAILABLE



MENTAL HEALTH

AWARENESS MONTH

COVID EXHAUSTION

NAVIGATING FEAR, FRUSTRATION AND WORRY

PANDEMIC FATIGUE

WHAT CAN I DO ABOUT IT?

Presented By:

Michele Mazarra, LLMSW, Clinician
Krystal Nowak, LLMSW, Clinician
St. Clair County Community Mental Health

Presented By:

Amy Smith, LMSW
Assistant Division Director
St. Clair County Community Mental Health

This presentation will provide prevention and support information for youth impacted by COVID exhaustion, topics that will be addressed are; setting healthy boundaries, adapting to and coping with uncertainty, increasing self-awareness, and prioritizing mental and physical health needs. This training will assist parents and care-givers of youth in developing skills to navigate fear, frustration, and worry to further create a clear path in overcoming current obstacles.

This presentation will discuss pandemic fatigue, how to identify fatigue in self and others, impact of disruption on life dynamics, role of flexibility and boundaries, understanding emotions as a result of isolation and skills, as well as strategies and supports to navigate pandemic fatigue. The presentation will also share a variety of community resources and information about the Free St. Clair County COVID-19 Pandemic Response Team available to the community.

Zoom Registration Link

[https://zoom.us/webinar/register/
WN_YakaaKYuR_OglGSKYEM8yQ](https://zoom.us/webinar/register/WN_YakaaKYuR_OglGSKYEM8yQ)

Passcode: 0518

Zoom Registration Link:

[https://zoom.us/webinar/register/
WN_3ddjVisQQuOqhE41nuE6jA](https://zoom.us/webinar/register/WN_3ddjVisQQuOqhE41nuE6jA)

Passcode: 0520

St. Clair County Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICEC-0054.



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

Connect with us:
810-985-8900
www.scccmh.org
facebook.com/scccmh

For more information contact
Adrienne Luckenbacher
(810) 966-3531
aluckenbacher@scccmh.org