

JOIN TRAVANSE LIVING AT GRAYSLAKE FOR A SPECIAL SESSION

MINDFULNESS IN BOTH YOUR PROFESSIONAL ROLE AND SELF-CARE

Presented by Trish Abbey with In Home Counseling



Come and learn how using mindfulness techniques can help ease clients' anxiety as well as helping them to focus on moving forward with their goals and how it can also help with practitioner self-care. Taking 5–10 minutes after each client meeting to focus on yourself, can relieve work-related stress and prevent worker burnout. These easy-to-learn techniques can improve many areas of your life!

Thursday, February 21

8:00 AM–8:30 AM | *Registration and Breakfast Buffet*

8:30 AM–10:00 AM | *Program*

Please RSVP to events@elderwerks.org or call (847) 462-0885

Travanse Living at Grayslake | 1865 E. Belvidere Road | Grayslake, IL 60030

TravanseLiving.com | (847) 796-0848



ABOUT TRISH ABBEY, LCSW

Trish Abbey, LCSW, is a clinical social worker with a focus on working with older adults. After earning her MSW from Loyola University Chicago, Trish has developed her skills in case management, program development, elder abuse, memory care and supervision. Trish has previously worked as a case manager at Leyden Senior Services and North Shore Senior Service, and at Palatine Township Senior Center as director of Social Services. She is currently a private practice therapist with In Home Counseling. Trish has provided many CEU presentations to a variety of audiences on a wide variety of topics. She is also the executive director of the Kott Gerontology Institute, a nonprofit organization that provides scholarships to graduate-level students in a variety of fields focused on aging.

ELDERWERK'S CEU POLICY

1.5 CEU credits will be awarded to nurses, professional counselors, social workers and nursing home administrators. License number required. Advanced registration is required. There is a \$5.00 fee* payable to Elderwerks Educational Services, a 501(c)3 not-for-profit corporation, requested from registrants prior to the date of this event. Please send payments to Elderwerks Educational Services, PO Box 92, Cary, IL 60013. To pay by credit card, an invoice will be emailed through SmartPay after registration.

