

Palm Beach County
Youth Services Department
Residential Treatment & Family Counseling Division
Education & Training Center
PRESENTS

Lunch & Learn

Work Hard, Self-Care Harder

Presenter: Amber Snedden, Psy.D.



TAKE CARE



OF YOURSELF

REGISTRATION LINK:

[HTTPS://
WWW.SURVEYMONKEY.COM/
R/2W37RY9](https://www.surveymonkey.com/r/2W37RY9)

*If you have trouble accessing
the survey, please copy the
link and paste it directly into
your browser*

Date & Location

THURSDAY,

MAY 15, 2025

12:00 pm—1:00 pm

ZOOM REMOTE VIDEO CONFERENCE

Once registration is
confirmed, link to access the
training will be provided

Description

Consistent self-care improves mental and physical health and enhances one's quality of life. Self-care can be a challenge, especially for those who feel overstressed or overscheduled. This workshop will address the importance of self-care and its benefits, tips and tricks to practicing self-care at work, suggestions for self-care practices, and barriers to engaging in self-care. At the end of the workshop all attendees will be encouraged and guided through creating their own self-care plan they can take with them.



There is no cost associated with this program.