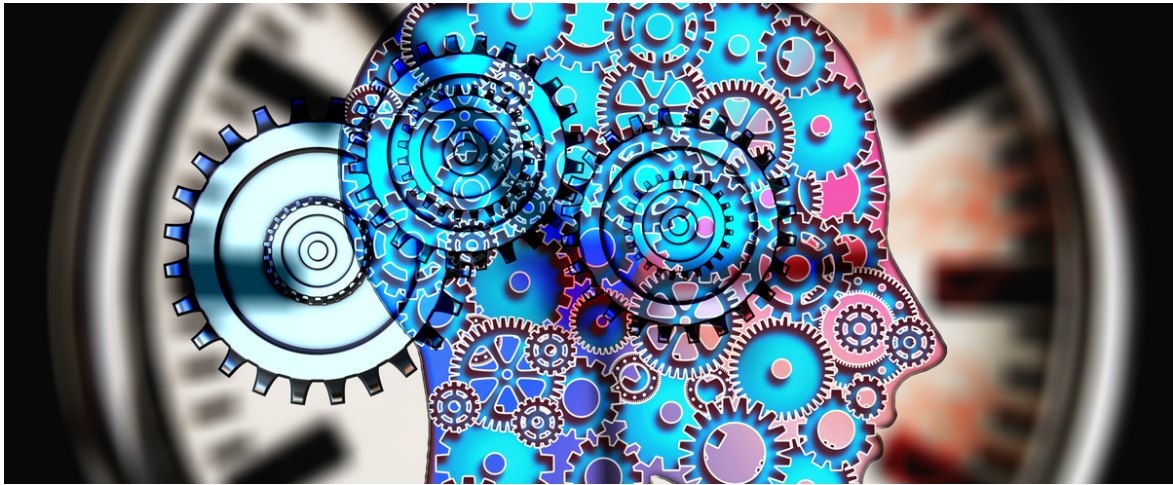




Promoting Resilience for Maine's Public Health Workforce

March 2 & March 9, 2023

REGISTER TODAY



2-DAY VIRTUAL WORKSHOP:

On March 2nd and March 9th, join MRBN team members Melissa Doyle, LCSW, and Delvina Miremadi-Baldino, Ph.D., to learn about stress impact and resilience.

The two-part series focuses on supporting our public health workforce's mental health and wellness. The program recognizes the tremendous efforts of Maine's public health workforce - those working behind the scenes and on the front line - who consistently advocate for a healthier and more equitable state.

Through recognition of stress impact and resilience, this series is an opportunity to promote individual and professional health and wellness.

PART ONE

Part 1 will focus on identifying stress impact and how it shows up for each of us. We will conclude with some **in-the-moment** strategies to **downregulate the stress response** and support personal and professional resilience.

PART TWO

Part 2 will offer evidence-based strategies to build resilience, help shift your mindset, and promote well-being. Participants will learn practices that can be **implemented daily** to promote a positive, thriving path forward.

maineresilience.org

MRBN members: \$10/per session
Non-members: \$20/per session

