

Mindfulness/Self Care & Living Beyond COVID **Issues in Counseling Series Fourth Session**

When: May 14 11:00am-2:00pm

Where: Zoom

****Register Here:** [https://webapps.utrgv.edu/it/em/index.cfm?
event=Public.View.Courses&Event_id=1662](https://webapps.utrgv.edu/it/em/index.cfm?event=Public.View.Courses&Event_id=1662)

The School of Rehabilitation Services & Counseling is pleased to announce the fourth in a series of counseling related workshops. This fourth session will focus on Mindfulness, self care and living beyond COVID. Attendees can earn **3 hours** of continuing education units (CEUs) for LPC, LCDC, and CRC licensure. The fee is \$50. The session will be held **virtually via Zoom**.

The topics will be:

***Using Mindfulness for the Self Care and Wellbeing of
Counselors***

Presented by: Dr. Andrea Almaguer

Beyond the COVID Era: Reintegration to Normal Living
**Presented by: Dr. Kim Nguyen-Finn, Dr. Eva Miller & Dr.
MaryAnn Rocha**

For more information, please contact Teresa Guerra at rehabservices@utrgv.edu

For accommodations, please contact rehabservices@utrgv.edu by May 10, 2021

