



WELLNESS WEDNESDAYS

1-hour Monthly WELLNESS WEDNESDAYS Workshops at 9 am

Watch your emails and check that pesky spam folder

No charge for these virtual sessions

Select and register for the one you want

All workshops presented by Jill Pantaleo
More descriptions and registration instructions to follow!!

WEDNESDAY March 30th

Dealing with The Angry Client: Communication and Validation for Engagement

WEDNESDAY April 27th

Are You Burnt Out? Self-Compassion and Self-Awareness Skills For Staying in The Game

WEDNESDAY May 25th

Mental Attitudes and Positive Boundaries for Dealing with Negativity in the Workplace

WEDNESDAY June 29th

Post-Pandemic Life: Helping Clients Learn Resilience For Re-Entry