Live Web Event Invitation

Hosted by: Florida’s Center for Child Welfare at USF

The Center invites you to participate in:

“Self-Care Panel” - A Live Webinar

Date: Friday, May 22, 2020
10:30am - 11:30am Eastern
9:30am – 10:30am Central

Please click to pre-register for this webinar

Since the pandemic, many people have not skipped a beat. Daily tasks such as organizing calendars, scheduling and attending virtual meetings have become the norm. Some have easily mastered the art of adjusting and many tasks previously thought to be complex have now become much simpler. However, others have felt paralyzed by fear or anxiety, finding themselves unable to do much of anything other than check and recheck the news. Then there is the group of individuals that are somewhere in the middle.

In an effort to ensure that we’re all able to get through this pandemic, learning some practical tips such as not denying our feelings, taking breaks from social media, taking care of our bodies and creating specific spaces in our homes to work, play, relax and sleep will be beneficial. During this time if you are like the countless others who are unsure of how to continue on with business as usual while helping others, please join us for our self-care panel on May 22, 2019 at 10:30am.

The panel will consist of; Chris Groeber, USF School of Social Work Faculty Member & Foster Parent, Melissa Wessling, Child Protection Investigator – Field Instructor, Hillsborough County Sheriff’s Office, Alison Salloum PhD., USF School of Social Work Professor specializing in Childhood Trauma and Carol Johnson MA, Learning and Development Facilitator for the Center for Child Welfare. This live Q and A webinar will provide a platform for Child Welfare professionals to engage with other professionals as well as receive educational information and resources regarding practicing self-care during the COVID-19 pandemic.

Let’s learn new coping skills to better care for ourselves as well as assist the children and families that we serve to do the same!

Please email us any questions that you have by May 21 at 9am at centersupport@usf.edu

AUDIO will be provided through your computer

Register for this webcast or copy and paste this link into your browser:

https://tinyurl.com/yal8j36t

If you have technical questions or concerns please contact Center Support staff at centersupport@usf.edu