



FREE VIRTUAL WORKSHOP

Now is the time to start taking care of YOU!

Increase your mental well-being by attending NAMI Gulf Coast's presentation on self-compassion, what the current research says, and easy exercises for practice at home, in the workplace, and beyond.

Mental Health in the Workplace: Self-Compassion

Speaker

Safyah Alam, MA, LPC-A
NAMI Gulf Coast

REGISTER TODAY

DATE: January 31, 2024

TIME: 12:00 - 1:00 PM CST

