



JUST BREATHE:

MINDFUL SELF-CARE TRAINING FOR MENTAL HEALTH PRACTITIONERS

TUESDAYS 5:30 – 7:00 PM

DATES: AUG 13, 20, 27; SEP 3, 10, 17
9 CEU HOURS

LOCATION: HAMM CLINIC

408 ST. PETER ST

ST. PAUL, MN 55102

Working in the mental health field is challenging and can take a toll on practitioners. Positive and regular self-care is an important part of being able to provide excellent service to clients and avoid burnout. The purpose of this group is to provide an avenue for mental health practitioners to recharge using mindfulness-based strategies that can be incorporated into daily living and professional practice. The group will be facilitated by Dr. Janet Finlayson, a post-doctoral fellow at Hamm Clinic, who has over fifteen years of therapy experience. She holds a master's degree in clinical counseling, and a doctorate in psychology.

Participants must register in advance. Fee is \$120 for the six-week program. For more information on sliding scale fee options, please inquire when registering.

FOR MORE INFORMATION AND REGISTRATION, PLEASE CONTACT:
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