



Institute for Professional Development

The Rosa J. Kolker Professional Development Series

SESSION OFFERED THROUGH VIDEO CONFERENCING

Mindfulness & Other Emotional Regulation Techniques for Clinicians & Their Clients

Date: Wednesday, May 5, 2021

Time: 12:00 – 1:30 pm

Place: Zoom Video Conferencing

Presented by:

Stacey Meadows, MSW, LCSW-C, *Associate Senior Manager of Therapy and Compliance, JCS*

Howard Reznick, MSW, LCSW-C, *Senior Manager of Prevention & Wellness, JCS*

Emotional regulation is the ability to effectively monitor and manage our reactions and responses to emotional experiences. People who practice emotional regulation tend to cope better with life's stressors and are more resilient.

As a result of this training, participants will:

- Learn three or more mindfulness techniques to increase emotional regulation
- Be ready to integrate these techniques into their professional practice

General Public – \$37.50

Teachers from Jewish Day Schools/JCS Retirees - \$30.00

JCS Staff and Associated System Employees – Free

Register Online: [HERE](#)

You will receive log-on instructions once you complete the registration process.

Deadline to Register: Monday, May 3

Social workers and other clinicians attending this program will receive 1.5 Category I CEUs

Jewish Community Services is approved by the Maryland Board of Social Work Examiners to sponsor Continuing Education for social workers (psychologists and licensed professional counselors). Jewish Community Services maintains responsibility for this program and its content.

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