



## **Resilience and Self-Care Training | May 8, 2024**

### **Event Topic**

[Mental Health](#)

### **Date / Time**

Wed, May 8, 2024

9:00 - 10:30am

### **Location**

Virtual

Join us for this free virtual training focused on building resilience and practicing self-care. In these challenging times, it's crucial to prioritize our well-being. This training will provide valuable insights and practical tips to help you navigate stress, boost your mental health, and find balance in your daily life. Don't miss this opportunity to connect with like-minded individuals and discover effective strategies to enhance your resiliency and self-care practices. Reserve your spot now!

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Iowa HHS administers Project Recovery Iowa, a group of people trained to assist communities in a multitude of ways. There is no cost to the training and there will be 1.5 CEUs along with a certificate of attendance. If you would like to schedule a training specifically for your agency, please email [khyatt@dhs.state.ia.us](mailto:khyatt@dhs.state.ia.us).

### **Registration Information**

[Resilience and Self-Care Tickets, Wed, May 8, 2024 at 9:00 AM | Eventbrite](#)

[Register](#)

For more information about this YLI Calendar Event, please email [yli@hhs.iowa.gov](mailto:yli@hhs.iowa.gov)