



**Please join us on Friday, November 18, 2016 (1p.m. – 4p.m.)
Mental Health America of Greater Tarrant County**

**“New Millennium Self-Care: Exploring ways to nurture yourself
& bring more joy into your life in the 21st Century”**

Yolanda Wilson Smith, LCSW & Shantelle Collins

Being in a helping role involves attending to the needs of others and being exposed to adverse life events and suffering. Self-care is not just important, it's crucial! Come learn about why self-care is so essential and create your own “Individualized Self-Care Plan”.

Yolanda Wilson Smith, LCSW began her career at MHMRTC in 2003 and is currently the Clinical Program Manager for Access to Care Clinic. She graduated from Northern Illinois University in 1990 with a Bachelor of Science degree in Family & Child Studies and later graduated from University of Illinois at Chicago in 1994 with a Master's Degree in Social Work. After receiving her clinical social work license (LCSW) in 1997, she went into private practice providing clinical counseling to families, individuals and children. She has held several rewarding positions in the field of social services, including Crisis Interventionist, HIV Counselor/Coordinator, Family Therapist, Mental Health Consultant and Clinic Social Worker.

Shantelle Collins is the Project Manager for the Substance Use Disorder Outpatient Project at MHMR of Tarrant County. She has worked at MHMR of Tarrant County since 2008. She graduated from Jackson State University with a Bachelor's in Social Work in 1998 and later earned a Master of Science (Counseling) in 2002 from Jackson State. She currently is certified in Mental Health First Aid and a Licensed Chemical Dependency Counselor Intern. She enjoys the field of social work, because it allows her to help others. She has worked in this field since 2004 and feels the most rewarding aspect of this field is the impact that she has assisting others by helping to make a difference in their lives.

Learning Objectives:

1. To recognize outdated beliefs and survival strategies that perpetuate stress, self-neglect and unhealthy helping styles.
2. To learn how to make time for yourself no matter where you are and how much time you have.
3. To develop an user-friendly self-care plans and techniques

Registration, CE Credits and Certificates (with 3 hours):

The fee for this **3-hour CEU seminar** is \$50 for non-MHA members, \$40 for MHA members and \$20 for students. Registration deadline (online/by mail) **must be received** by November 16, 2016

1) Mail check to MHA at 3136 W. 4th Street, Ft. Worth, TX, 76107; fax number: 817-810-3230

2) Online at www.Eventbrite.com

MHA is an approved provider of continuing education in Texas for LPC with approval #1099, Social Workers #5467, and LMFT #419.

For additional information, please contact Jennifer Golden at 817-569-5116 or Jennifer.Golden@mhmrtc.org or Deannah Rowell at 817-569-5780 or Deannah.Rowell@mhmrtc.org.

Registration by Mail (print off and send with check or credit card payment to MHA)

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

HM/CELL PHONE: _____ WK PHONE: _____

E-MAIL: _____

PAYMENT METHOD ☐ VISA ☐ MC ☐ AMEX ☐ DISCOVER ☐ CHECK ENCLOSED

CREDIT CARD NUMBER _____ EXP. DATE _____

SECURITY CODE: _____ TOTAL AMOUNT ENCLOSED: \$ _____