

LEADING WITH EMOTIONAL WELLNESS

Thursday, September 3, 6-7:30pm

REGISTER HERE: bit.ly/4fBamUw

As leaders, how we take charge of our wellbeing makes a difference in how we show up to support young people. We can lead from a place of confidence and connection when we have skills to take charge of our own emotional safety and mental health! By practicing these skills in your daily life, young people will also benefit from them!

In this online workshop organized by CASA of Los Angeles for Advocates, learn practical strategies to:

- Focus attention on what you CAN do
- Cultivate self-talk that serves you
- Understand & manage emotional triggers
- Create supportive, healthy relationships
- Set and uphold boundaries
- Protect your emotional and physical safety
- Make safety plans to protect our mental and emotional health
- Get help when we need it - and persist!

This workshop is open to those who participated in the May workshop as well as new participants.

Questions? Contact:

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Presented by Kidpower -
Organized by CASA of Los
Angeles



SCAN HERE