



**CALIFORNIA STUDENT**  
MENTAL HEALTH WEEK

**May**  
**9-13th**  
**2022.**

**THURSDAY, MAY 12**  
**4:00 PM - 5:30 PM**

THERE IS NO COST TO ATTEND THIS WEBINAR BUT SPACE IS LIMITED.

## **Being Well When Things Aren't Going Well**

Self-care is good, but more than just "self" is needed to take care of ourselves. Supporting our students and families has a cost on our own well-being. This session will help attendees to identify helpful short-term and long-term coping strategies to mitigate the effects of stress, anxiety, and compassion fatigue experienced when serving others.

### **WORKSHOP PRESENTER:**



**JEREMIAH AJA, M.A., M.DIV., LPCC**

This workshop is part of a series of workshops offered during California's third annual California Student Mental Health Week (CSMHW) - May 9-13, 2022. This workshop, curriculum, inservice materials and social media post suggestions are provided to you on behalf of the California Association of School Counselors.

**CALIFORNIA STUDENT MENTAL HEALTH WEEK MATERIALS:**  
[WWW.COVID19K12COUNSELING.ORG/STUDENT-MH-WEEK](http://WWW.COVID19K12COUNSELING.ORG/STUDENT-MH-WEEK)  
UNDER CONSTRUCTION

**TO REGISTER FOR THE WORKSHOP VISIT:**  
[WWW.SCHOOLCOUNSELOR-CA.ORG](http://WWW.SCHOOLCOUNSELOR-CA.ORG)

