

# Palm Beach Unit

**December 5, 2024**

**6:00 pm - 7:30 pm (ET)**

This workshop is approved for and offers 1 contact hour. BAP-321, Exp. 03/25

## **Resilience and Resolve: Engaging in Self-Care and Advancing Social Justice in Challenging Times**

Recognize symptoms of stress related to challenging times; and recognize strategies for advancing social justice

**Christina McCarthy, MSW,  
Executive Director  
and Andres Torrens, LCSW**



Register for free at:

<https://www.naswfl.org/events.html>