

# Live Web Event Invitation

Hosted by: Florida's Center for Child Welfare at USF

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The Center invites you to participate in:

“The Vital Need for Self-Care in Child Welfare” - A Live Webinar

Date:

Thursday, March 29, 2018  
10:00am - 11:00am Eastern  
9:00am – 10:00am Central

Please [register](#) for this webcast.

The Child Welfare system is made up of professionals who sincerely want to make a difference in a child's life. This drive often causes us to work through lunch (and sometimes dinner); overload on caffeine to finish that last note; or pull up to McDonalds for the 4<sup>th</sup> time in a week. Although it feels like there is no time to stop for food or take a day off, it is imperative for our productivity and health.

Please join us in this webinar to learn how to recognize stress and the impact it has on our work, relationships and health. During this webinar, we will also discuss effective strategies to manage anxiety, prevent burnout and remain healthy enough to continue to serve others.

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*AUDIO will be provided through your computer*

[Register](#) for this webcast or copy and paste this link into your browser:

<https://tinyurl.com/y7zcm3h8>

If you have technical questions or concerns please contact Center Support staff at [center-support@usf.edu](mailto:center-support@usf.edu)

