



## VIRTUAL CEU OPPORTUNITY

### **Resiliency**

How to Manage Stressors and Bounce Back  
from Difficult Situations

Thursday, May 21 at 11:30 am

Presenter:

Dawn Harbin, Ph.D., MA, LPCS/C, LPC, NBCC, NCC  
Coordinator of Psychiatric Intensive Outpatient Programming  
The Carolina Center for Behavioral Health

In dealing with the COVID19 pandemic, many of us have had to drastically change our daily schedules and adjust to new expectations and stressors. How have you managed that? Resilience (or being psychologically hardy) plays an important part in our ability to bounce back, accept changes in our life and forge ahead without too many bumps in the road. We, as professionals, must practice gratitude for what we have and the opportunities that allowed us to become professionals but also take time for self-care.

Please join us for this Virtual CEU presentation on Resiliency. Register via the link below. One general CEU credit will be provided by The Carolina Center.

**[Click here to register for this session.](#)**

After registering, you will receive instructions on how to join the meeting.

We hope you can join us!