

# CREATING BOUNDARIES, BALANCE AND EMOTIONAL HEALTH

WEDNESDAY, JULY 22, 2020

11:50 AM - 1:00 PM

Presented by Johnsie Douglas M.Ed.,LPC, CDP

Webinar Sponsored by All About Seniors and Right at Home In-home Care & Assistance



**FREE 1  
NON-CONTACT  
CEU  
CREDIT FOR  
LMSW AND  
1 CONTACT  
CEU CREDIT  
FOR LPC**

Please join this webinar sponsored by All About Seniors and Right at Home In-home Care & Assistance. Johnsie Douglas M.Ed.,LPC of Right at Home will provide information on how to help identify as a care provider your strengths and weaknesses, become aware and be able to state what you need in order to be emotionally healthy, and create balance by increasing your resiliency.

During this presentation a self-administered assessment on self-resiliency will be provided.

SPOTS ARE LIMITED! PLEASE RSVP BY  
JULY 15, 2020

\*WEBINAR LOG-IN INFORMATION  
WILL FOLLOW AFTER REGISTRATION\*

To reserve your place, please email Cindy Tyner at [ctyner@stripedrock.org](mailto:ctyner@stripedrock.org) or by calling 803-315-7846

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Johnsie Douglas is a licensed professional counselor, working with geriatric patients and families since 1989. She currently serves as the Director of Community Outreach and Client Services for Right at Home. Her passion is sharing resources and techniques that assist in caring for someone with Alzheimer's or Dementia, working with families and helping them with the journey of the disease.

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