

MENTAL HEALTH SIX-PART WEBINAR SERIES: PART FIVE

CARING FOR THE CAREGIVER – HOW YOU CAN HELP!

WEDNESDAY, MAY 22

10:00 TO 11:00 AM HST | 12:00 TO 1:00 PM AKDT | 2:00 TO 3:00 PM MDT



EVENT OBJECTIVES:

- What are the signs and symptoms of burnout?
- How do we stay healthy and set up boundaries?
- What resources are available for the caregiver?

TO PARTICIPATE:

Please join the event 15 minutes prior to start time to ensure the automatic system set-up has been properly established.

- 1) Click on or copy and paste this URL into your browser:
<https://qualitynet.webex.com/ec>
- 2) Locate the event you wish to join and click **JOIN** (located to the right of the event title).
- 3) Enter your name and email address as prompted.
- 4) Enter the password: **quality**

The automatic system set-up should start at this point. If a dialogue box appears, click Run. Please note: The automatic system set-up does take a few minutes to complete.
- 5) Dial in to the teleconference:
Number: **1-888-896-0862**
Access code: **47759157**

If you have any questions or problems accessing the web portion of this meeting, please call the Ventech Solutions WebEx Helpline at (571) 598-1988.

QUESTIONS? Contact Nickola Bratton at
nbratton@mpqhf.org or (303) 726-5013.



Cathy Cywinski, MSW LCSW, graduated from the University of Wyoming in 2004 with her Master's degree in Social Work. She began working for Central Wyoming Counseling Center after graduation. Cathy works with individuals diagnosed with severe and persistent mental illnesses. She helps provide them with skills to live successfully in the community.

No identified conflict of interest for any planner or presenter of this program. One (1.0) contact hour will be awarded for participants who attend 60 minutes of the one-hour didactic program and submits a completed evaluation form. Mountain-Pacific Quality Health is approved as a provider of continuing nursing education by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

BE SURE TO JOIN US IN MAY FOR PART SIX: SUICIDE PREVENTION – WHAT YOU NEED TO KNOW!