

Bo's Place presents:

Taking Care of You... Then Business: Self-Care Practices and its Benefits



By Courtney Reynolds, LCSW

when:

Friday, January 13, 2017
9 am – Noon
Check-in and pastries at 8:30 am

location:

Bo's Place
10050 Buffalo Speedway
Houston, TX 77054

cost:

\$45 with 3 CEUs
\$30 without CEUs

to register:

tinyurl.com/BosPlaceSelfCare
Pre-registration required
(space is limited)

questions:

Email: valencia@bosplace.org
Phone: 713-942-8339



about the speaker:

Courtney Reynolds, LCSW is the Special Programs Manager of Bo's Place. Courtney coordinates the Wednesday night family support groups along with other special programs for families outside of group, including camps and retreats.

synopsis:

Self-care is the activities, practices, tasks and things we add into our lives in order to create rest, balance, rejuvenation and relaxation. Self-care is multi-faceted; and it is something that we must be active in creating and maintaining. This experiential workshop will provide simple tools for creating a self-care plan. Through psychoeducation, discussion, meditation and hands on experience, you will gain practical skills to help bring self-care into your daily life. You will learn how to utilize self-care in the moment, how to make time for self-care, and how to reframe certain activities in your life.

workshop objectives:

- Understand the importance of self-care and the negative effects of not practicing self-care.
- Identify self-care techniques to utilize in a personal self-care plan.
- Learn ways to utilize self-care in the moment and how to build time for self-care into your daily life.

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.



where hearts are healed.