



Self-Care for the Essential Worker

Calling all essential workers. We have a webinar that is ESSENTIAL for YOU. We want to make sure you're taking care of yourself.

Join us for a one-hour webinar focused on overcoming the current challenges to mental health posed by COVID-19.

Presented by the National Alliance on Mental Illness (NAMI) Chicago, the webinar will focus on concepts of wellness, individual care and community care.

Essential workers will learn about self-care strategies to use for themselves and others.

To register for the webinar, visit <https://zoom.us/join> meeting code 956 1487 1182.

Self-care webinar

November 13, 2020
12 p.m. – 1 p.m.



We're here to serve YOU!

So mark your calendars and we'll see you there!

Monday - Thursday	9 a.m. - 7 p.m.
Friday	9 a.m. - 5 p.m.
Saturday	10 a.m. - 2 p.m.

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