

Webinar Opportunity!

Anchor in Resilience - Captain's Log

June 18
10-11:30am PST

CASRA and Crestwood Behavioral Health, Inc. are happy to offer this fun, interactive and helpful webinar. Join co-pilots **Chris Martin and Ruth Gonzales**, from Crestwood Behavioral Health, Inc., for a training that will empower you to set your anchor in resilience. Gain key resilience skills, tools, and strategies as we set sail through the COVID-19 fear zone and head straight for resilient waters. Our navigational compass is based upon some of the strengths-based works of positive psychologists such as Martin Seligman and authors of *Resilience* by Dr. Steven M Southwick and Dr. Dennis S. Charney. We'll also reference the *Peer Support Learning for the 21st Century* by Chris Martin and Dr. Lori Ashcraft.



\$15.00

1.5 CEUs

REGISTER TODAY!

Anchors away; you're the captain
in this self-directed wellness
experience!

CASRA is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, and LEPs. CASRA maintains responsibility for this program/course and its content. For more CE information, grievance policy, cancellation/refunds, reasonable accommodations, workshop descriptions and learning objectives, workshop schedules and presenter bio's, go to the [CASRA website](#).

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