

# *Nurturing* **THE NURTURER**

*Promoting Counselor Wellbeing and Mental Health*

*This one-day session will equip you with practical self-care techniques and routines to support your own wellness, resilience, and balance while managing the demands of your roles. Join us to refresh and strengthen your well-being!*

**WORKSHOP**  
**#329739**



***Date:** Tuesday, March 4, 2025*

***Time:** 8:30 am - 3:30 pm*

***Place:** Quinta Mazatlán  
600 Sunset Drive McAllen, TX*

***Audience:** School Counselors,  
Counselor Directors, LPCs, Social  
Workers, School Based Mental Health  
Providers, LSSPs*

*Register Today!*

**For more  
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