

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 **#355523**



***Date:** Thursday, May 15, 2025*

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

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

***Audience:** GEAR UP: Choosing
College, Changing Lives! grant*

Register Today!

**For more
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