

4 BASIC ELEMENTS: HELPING OURSELVES AND LOVED ONES LIVING WITH MENTAL HEALTH DISORDERS

With Jodi Phillips, LSW, CPSS, RC

Tuesday, March 28, 2023 | 12 - 1 p.m. MDT | Free Webinar
All are welcome to attend

Webinar Objectives:

[Register here](#)

Attendees will be introduced to 4 key elements:

1. Kindness – How we act impacts mental health in ourselves and communities
2. Empathy – How to walk beside our loved ones while preserving personal well-being
3. Mindfulness – Why showing up with intention and understanding matters
4. Compassion – The domino effect of self-compassion: helping ‘you’ helps ‘them’

About the Presenter:

Jodi Phillips (she/her), LSW, CPSS, RC, graduated as a Social Worker from Idaho State University in 1999. She has 12 years of combined experience as a Licensed Social Worker, Recovery Coach, and Peer Support Specialist. Currently, she serves as a Peer Support Specialist working with The Region 6 ACT Team and Adult Behavioral Health. Her professional background has enabled her to master the ability to change hats depending on a persons' circumstance and areas of need. Jodi identifies coaching others to live their best life as her life's work.



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