

# decompress

# & disconnect

Friday, March 12<sup>th</sup> @ 3:30 - 4:30 PM

for faculty & Staff of Stockton University

A discussion of strategies and techniques to promote healthy boundaries and manage the stressors from working at home.



Link: <https://stockton.zoom.us/j/93542775124?pwd=QXhpaVY0QzZGYlcyQUNMWEpibThEdz09>

Password: 002727



This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant.

For more information visit [www.mhanj.org](http://www.mhanj.org)