

Detroit Wayne Integrated Health Network and the Michigan Developmental Disabilities Institute present the 2020/2021 Empowerment Education Series!

Empowerment Education Training Initiative

The Michigan Empowerment Education Training Initiative is a curriculum that was developed by the Michigan Developmental Disabilities Institute (MI-DDI) to address the training needs of Direct Support Professionals (DSPs), service providers, and people with disabilities. For more information about the **Empowerment Education Project**, please visit:

<https://ddi.wayne.edu/eetraining>.

Webinar Training Topic

Stress Management: It's All About Awareness, Attitude, and Action at Work

10:00 a.m. – 12:00 p.m.

Presented by **Nia Anderson, LLMSW**

This training is designed to help participants learn about how to recognize and deal with workplace stress. Individuals attending the training will have the opportunity to:

- Understand what stress is
- Learn the difference between "good" and "bad" stress
- Identify causes of stress
- Develop awareness of the signs of stress within us
- Identify ways to relieve stress

**** This training module carries 2 hours of Social Work CEUs and 2 hours of QIDP. ****



Monday
May 17th, 2021
10:00 a.m. – 12:00 p.m.

Target Audience

Direct Support Professionals, Professionals working with Individuals with I/DD, Peer Mentors, Individuals receiving services, and Advocates.

Requirements

This training webinar is **FREE**, however, to participate you must **REGISTER**.

Questions?

If you have any questions, please contact:

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Nia Anderson, LLMSW

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Registration Information

To attend this webinar all participants must register. The deadline to register is **Friday, May 14th, 2021**. Once you have registered, a pre-test with the link to the presentation will be sent to you.

To register please visit:

<https://www.dwctraining.com/2021-5-17-Empowerment-Education-Series-Stress-Mana.id.3620.htm>