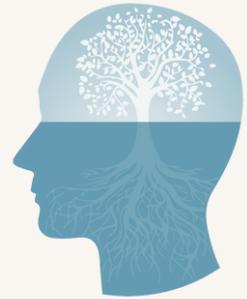


FOR FAMILY PARTNERS

STRESS MANAGEMENT AND RESILIENCE TRAINING

Stress Management and Resilience Training (SMART) offers an innovative, uplifting, and highly scalable approach to improve individual resilience. Developed by Dr. Amit Sood at Mayo Clinic, this training aims to decrease stress, anxiety, and burnout while increasing well-being, mindfulness, and positive health behaviors.



FACILITATORS



Jennifer Baran-Prall, LCSW

Project Manager



Natalie Fikac, Ed.D.

Senior Administrative
Program Coordinator

VIRTUAL

1 - 2 PM
CT

CEUs
AVAILABLE

DATES*

- Module 1 - February 18, 2025
- Module 2 - February 25, 2025
- Module 3 - March 4, 2025
- Module 4 - March 11, 2025

[Register Here](#)

*Plus four optional practice sessions to apply new skills.