

FAMILY & CHILDREN'S SERVICE CELEBRATES SELF-CARE AWARENESS MONTH

TUNE IN TO SELF-CARE TUESDAYS: A Virtual Lunch and Learn Series

Join us for one or all of the presentations where we'll learn skills to help us fill our cups, cope with stress and anxiety and cultivate happiness and inspiration.

[REGISTER HERE](#)

Diane Lang is a practicing counselor, national speaker, educator, author, and certified positive psychology coach. She is an adjunct at Montclair State University in the Undergraduate Psychology Department. Diane has written three books, her latest is Mindfully Happy- Waking up to Life.

Leanne Jamison is a licensed psychotherapist, certified holistic life coach, women's empowerment coach, speaker, and entrepreneur. She guides clients on a healing journey to embrace their personal power and unlimited potential.

Erin Mahoney is a motivational speaker, empowerment expert, best-selling author, veteran, and Emotional Freedom Technique (EFT) Tapping coach. She uses EFT to help those who suffer from PTSD, anxiety, overwhelm, depression and transition stress. Her most recent book is Positive Vibes for Women.

September 13: 12:00 – 12:30
Self-Soothing
with Diane Lang

September 20: 12:00 – 12:30
Self-care
with Diane Lang

September 27: 12:00 – 12:30
Cultivating Happiness
with Diane Lang

October 4: 11:30 – 12:30
Create the Space
for Compassion
with Leanne Jamison

October 11: 11:30 – 12:30
Practicing Self-Care is a Power
Move! You are Worth it!
with Erin Mahoney

Register at: tinyurl.com/bde33df9
For more information call 732-728-1331

