

BUILDING STRENGTH THROUGH WELLNESS

Tools and Strategies for Maintaining Physical, Emotional, and Mental Well-being

June 20, 2023

9:00AM-5:00 PM

Castleton University Pavilion

SAVE THE DATE

More event info coming soon!

Experience a day of learning, connecting, and personal growth. Join area social service professionals and attend workshops on topics such as art as an expression of trauma, self-care, and vicarious trauma. Massage, nature walks, therapy dogs, and other activities will be available to participants.

Social work CEUs available.



FREE CONFERENCE
SPONSORED BY:



- Castleton University Center for Social Justice and Trauma Informed Care
- United Way of Rutland County
- Bowse Health Trust, RRMC

[Register Now!](#)