



Virtual Support Meeting Thursday Nights for Behavioral Health Professionals

As professionals working in behavioral health, we are collectively experiencing numerous personal and professional stressors, uncertainties, and fears as we navigate these uncertain times. With the abundance of online resources for those in recovery growing by the minute, we couldn't help but wonder- "What can we do for the professionals working in mental health and addiction?". Individually, we are working tirelessly to make addiction and mental health treatment accessible to those in need while also trying to implement best practices of "social distancing". We are the container for others' fears, trauma, and anxieties – while having to take care of ourselves and loved ones. We are not offering answers, but instead we are offering a space where we believe, collectively, we can find the support and answers we are seeking as professionals in the field. We believe that it is vital for us to come together and set aside the things we may not agree upon to preserve ourselves and our communities. To grow together in new ways. A call to action of sorts, while also being a safe space for professionals to support each other through these trying times so that we may all come out the other side.

Please join Jen Dorsey, Mallorie Schwartzman and Zach Snitzer for our weekly **Virtual Support Meeting**. This offering is open to any professional working in the behavioral/mental health field.

- 1-hour Virtual Support Meeting for Addiction and Mental Health Professionals
- Introductions, Guided Meditation
- Open Discussion

When/Where: Every Thursday, 8:00 PM EST

Join Zoom Meeting: <https://zoom.us/j/738288807>

Meeting ID: 738 288 807

Required Password: 064280

We are looking forward to having you join us! Please remember, we will get through this together.

-Mallorie Schwartzman (mschwartzman@marylandaddictionrecovery.com)

-Zach Snitzer (zsnitzer@marylandaddictionrecovery.com)

-Jen Dorsey, LPC, LCPC, LCADAS (jdorsey@kolmac.com)