

When the Well is Dry: Reset & Recharge When You're Depleted

Webinar • February 8, 2022 • Noon ET/9:00am PT

Join us for a candid discussion about how the challenges of the last two years and the stress of living in ongoing uncertainty have impacted our mental health. We'll talk about strategies to increase self-compassion, have open conversations about one's needs, and the importance of self-care. You'll leave the session with take-aways on how to implement changes in your daily routine.

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About Our Presenter

Jennifer L. Hartstein, PsyD, is a nationally known child, adolescent and family psychologist. She has spoken widely on the topic at conferences, in schools and in the media, on national TV programs and in print.

