**Defining the Line: Setting & Maintaining Healthy Boundaries**

Friday, January 21, 2022

2:00pm ET | 1:00pm CT | 12:00pm MT | 11:00am PT (75 minutes)

Maintaining appropriate boundaries is fundamental to managing one’s health and well-being.

When working with children and families our desire to help, which is a positive, can lead to

the blurring of lines and roles/responsibilities. Having healthy boundaries is key to managing

stress, avoiding burnout and supporting sound advocacy work. In this webinar we will:

Explore what boundaries are, and where attendees are with them

Identify and recognize structural and individual risk factors

Discuss why setting boundaries so hard and what are the resources and tools available to

assist in developing one’s personal set of boundaries

Presented by Sarah Stewart of TEND Academy

In-service credit: 1.25 hours

Register here:

https://nationalcasagal.zoom.us/webinar/register/WN\_FTMrXGyXTI2Ak1PSYrLWCw

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