

## WEEKLY SELF CARE & CLIENT CARE ZOOM DISCUSSION

Wednesday @ 12:10pm EDT

Click on this link to join the Zoom meeting

<https://zoom.us/j/568411635>

One tap mobile for those joining from their smart phones

+15873281099,568411635#

Hello all,

These past few weeks have seen enormous changes in our personal and professional lives. In times of upheaval, people turn to their therapist to help them get through it, but who is helping us?

I hope you will be able to join us for what will we hope will become a weekly check-in and discussion amongst us. There is strength in community: we believe that sharing the struggles and successes we have experienced in such a short time is helpful and important

I will start the meeting off with a short CAMFT update and, depending on the size of the group, check-ins. Please have a look at this short [blog post](#) from Magentix (Ottawa) as the conversation starter.

### Logistics

- Starting Wednesday @ 12:10pm EDT
- Topic: Updates and discussion on SELF CARE & CLIENT CARE.
- To join the meeting, click on the following link a few minutes before we start: <https://zoom.us/j/568411635>
- To call in via your cell phone, call either of these numbers at the meeting time. +14388097799,,568411635# or +15873281099,,568411635#

Take care,

Andrew Sofin, President