



A Campus of Southern Crescent Behavioral Health System

Lunch & Learn Series

Mindful Caregiving: How to manage the twists and turns of providing support

Presented by:

Latasha Matthews, LPC, CPCS, CPLC, CAMS
IllumiNATION Counseling and Coaching, LLC

Overview:

Providing support and care for those challenged with debilitating illnesses, the changes that come with aging and severe mental illness can be daunting. The participants attending this training will gain insight, strategies and resources that will equip them to provide care or offer resources for the populations and families they serve.

About the Presenter:

Latasha Matthews is known as “America’s Emotional Wellness Expert”. She is the Co-Founder of *Pieces That Fit, Inc.* plus CEO and Clinical Director of *IllumiNation Counseling and Coaching, LLC.*

Latasha has worked in social services, higher education and corporate America. Having also worked in a variety of counseling and clinical private practice settings, Latasha is well versed in therapeutic techniques to treat individuals, couples, adolescents and family therapy clients.

Latasha brings over 15 years of experience to her roles as a Licensed Professional Counselor, Life Coach and Speaker. She adopts a Family Systems approach to therapy, which considers how a particular system impacts an individual person, situation or organization.

She is also the author of ‘The Dumping Ground’, which was on the Best Sellers list in 2016. Latasha has trained over 500 individuals globally and received numerous awards, accolades and recognition for her advocacy work in supporting healthy boundaries.

Date, Time & Location

Friday, August 7, 2020
12pm – 1pm

VIRTUAL / WEBINAR

Webinar details will be provided following registration

Cost and Registration: FREE

Please register at:

www.anchorhospital.com/register-for-ce-class/
Online advance payment & registration required

Email Tashika.Crawley@uhsinc.com with any event-related questions.

No continuing education credit is offered for the lunch & learn series. The webinar is open to licensed mental health professionals and other allied health professionals (case managers, nurses, home health care workers, etc.)