



CAI-OC Couch Connect 8

Minding Your Mind & Mental Health

Thursday, September 10, 2020 @2:00-3:15pm on Zoom

Join us for an interactive session where we will discuss the current challenges our industry has faced as managers/leaders. We will discuss coping skills/tactics individuals have used during the past five months that have helped to build resiliency in their personal and professional lives.

In addition, this program will discuss:

- Promoting resiliency and self-care in the workplace
- How to continue providing support to homeowners while taking care of our families and ourselves

Guest Speaker

Rachel Ferraiolo, LCSW, Service Chief I, BHS Disaster Response & Supporting Survivors



Register on www.caioc.org by 12 pm on 9/10.

\$25 for Members; \$35 for Non-Members.

Contact CAI-OC at chad@caioc.org by 9/3 for limited marketing opportunities.

Is this your first time attending? Yes No

Registration Rates

Member Price

Non-Member Price

CAVL/HOA BOD/Manager/Business Partner

\$25

\$35

Company: _____

Attendee Name (s): _____

Address: _____

Phone: _____ Email: _____

Enclosed is check **or** Charge my: Visa/MasterCard/Discover AMEX

Cardholder Name: _____

Credit Card Number: _____

Expiration Date: _____ Verification Code: _____