



SOCIAL WORK WORKSHOP SESSIONS

EHS Social Worker, Brittany Heitman, LMSW, can provide FREE workshops to your company, organization, or school. One-hour workshops typically provide fundamental ideas and facts. Extended workshops provide opportunities to cover more information, expand on concepts, and may include more interactions, discussions, and/or activities. Workshop content may be customized to the specific needs of the audience.

Workshop topics include, but not limited to:

- Health & Wellness (i.e. handling health setbacks, receiving a new diagnosis)
- Emotional Wellness (i.e. mindfulness, reducing stress, maintaining a positive outlook, stress management)
- Personal Care/Control (i.e. sleep patterns, self-care, body image, self-image, self-esteem, personal hygiene)
- Social Networks (i.e. finding supports)
- Safety Planning (i.e. impulse control, boundaries, conflict management, identifying supports and risk factors, protective factors)
- Mental Health (i.e. depression, anxiety, social anxiety, panic disorders, loneliness)
- Trauma (i.e. grieving, loss, forgiving, coping strategies)

To schedule a workshop, please call Brittany Heitman, LMSW at 718-869-5001 or scan the QR code:

