



Youth & Family
Counseling



ST MICHAEL'S
EPISCOPAL CHURCH

COVID-19 Stress Management & Self Care

Friday, November 20th

Time: 7:00 p.m. — 8:00 p.m.

Free Webinar



Lizzette Arcos, MA
Psychotherapist

*Children, adolescents, adults,
and families; speaks Spanish*



Colleen Nowlan, MSW
Psychotherapist

*Children, adolescents, and
adults*

Lizzette Arcos, MA is the newest member of Youth & Family Counseling, a nonprofit community center specializing in mental health literacy and mental health treatment for children, adolescent, adults and families. Lizzette is a bilingual and bicultural psychotherapist who brings 10 years of early childhood experience and her tenacity, energy, and passion to the work that she does with children, adolescents and

Colleen Nowlan, MSW is a psychotherapist at Youth & Family Counseling, a nonprofit community center specializing in mental health literacy and mental health treatment for children, adolescents, adults, and families. Colleen uses her previous experience, passion, and warm & collaborative approach in her work with children, adolescents, and adults.

Join in this empowering webinar to learn ways to practice self-care. Within this one-hour session you will be provided with effective, & empowering strategies to implement and integrate in your life, to help alleviate frustration and anxiety.

Bring your questions!

For more info, email:

info@stmichaelsbarrington.org

Register Today:

tinyurl.com/y638fhcb

