Virtual: Self-Care in the Peace Corps Workshop

Date and Time:
Tuesday, April 7, 2020 - 6:00pm to 8:00pm

Location:
BlueJeans

Description: Join Peace Corps Prep for a self-care workshop! Come learn strategies about how to manage your mental and emotional health in the Peace Corps. We’ll focus on coping skills, introduce you to campus resources for wellness, and hear perspectives from returned volunteers about practicing self-care in service.

RSVP Here

Tags:
peace corps prep, peace corps

Source URL: https://internationalcenter.umich.edu/events/virtual-self-care-peace-corps-workshop

Links
[1] https://internationalcenter.umich.edu/sites/default/files/event-image/Self%20Care%20Workshop.png
[2] https://sessions.studentlife.umich.edu/track/event/session/23118