Self-care is a topic important to a wide range of individuals and groups, including healthcare professionals, consumers of healthcare services, and families coping with the effects of illness on their loved ones. In particular, the mental health field requires consideration due to the stress and fatigue mental illness creates not just in the afflicted, but in the families that care for them. This talk will explore the use of self-care for consumers of mental health consumers, family members, and professionals in the healthcare field.

Presenter's Bio: Andrew Parker, M.A., MFTI, is a Marriage and Family Therapist, and graduate of Chapman University. Andrew works for Orange County Mental Health in Costa Mesa at the Collaborative Courts program serving the chronically and persistently mentally ill. Andrew also worked in the Westminster clinic in PACT, the Program for Assertive Community Treatment. Andrew has facilitated NAMI meetings in Westminster, and pursues golf, tennis, playing saxophone, and singing in choir outside of the mental health field.

Sunday, May 15th, 2016 at 6:00 pm
Trinity United Presbyterian Church
Fellowship Hall
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