

## Workshop 2

### **Laura Cappellucci, LCSW**

Eastern Connecticut Health Network (ECHN)

#### **Feeling Strong: Achieving our Goals of Life Balance and Learning to Take Care of Ourselves**

As women, there is a struggle to balance many aspects of daily life and often find their needs put on hold. In this workshop, Laura will discuss several key areas in which we can improve upon our emotional health and well-being, which by definition is emotional strength. These areas include:

- Emotion Awareness and Mindfulness Practice to improve the mind/body connection.
- Setting Boundaries to preserve identity and stability.
- Self Care: How to practice true self-care, ranging from fun activity to taking responsibility for one's own health and well-being.
- "Finding a Tribe": Connection, love and good support contributes to our emotional well-being.

*Laura is a Clinical Social Worker who has provided counseling services through ECHN Behavioral Health Services since 2010. More recently, she has been providing counseling through the ECHN Women's Center For Wellness, helping women with life transitions, including pregnancy. Prior to ECHN, Laura has provided Social Work service community mental health agencies in Connecticut. She has specialized training in Cognitive Behavioral Therapy, Trauma and Binge Eating. She received a Bachelors Degree in Social Work from Salve Regina University in Rhode Island and had a Masters Degree in Social Work from Southern Connecticut State University.*