

PREVENTION
WORKS

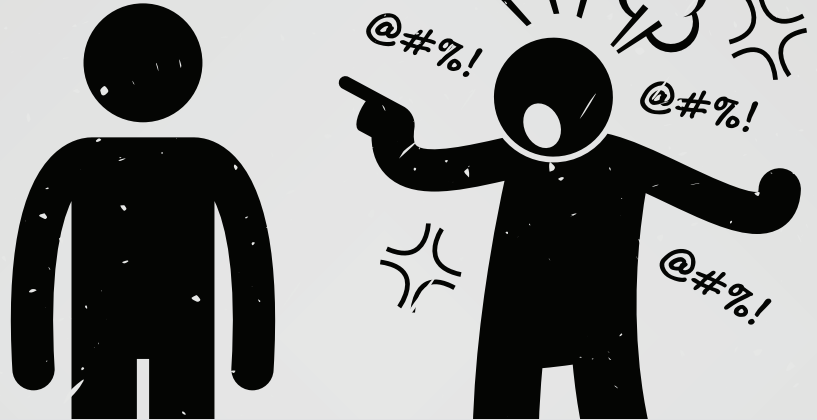
Educate

Collaborate

Motivate

STRESS MANAGEMENT

CURRENTLY ONGOING



Free Online Training by Prevention Works *formerly known as CASAC*

LEARNING OBJECTIVES:

- Define the "flavors of stress"
- Identify the causes of stress
- Coping with stress
- Define a growth mindset
- Identify skills to promote growth mindset in your environment

TRAINERS:

Trish Whetstone & Alex Rodriguez

BENEFITS:

- Available Immediately
- Learn Anywhere
- Accessible 24/7
- Complete at your own pace
- Free of charge
- Earn 1 credit hour *CPP/CPS (Section 1) CASAC/ CPP/CPS Renewal NYS OASAS & PCB Approved*

LEARN MORE:

preventionworks.talentlms.com/about
or contact info@casacweb.org

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