

2022 WINTER STUDENT ASSISTANCE PROGRAM CONSORTIUM

Wednesday, March 2, 2022
9:00 - 10:30 AM

Free Virtual Training via Zoom - Registration is Required
REGISTER HERE: <https://bit.ly/3BrSdCq>



When All That Changes Is Everything: Self-Care in the Midst of a Pandemic

Presented By
Gregory A. Krausz

Director
Mid Atlantic Rehabilitation
Services (MARS)

Presentation objectives: how to identify the aspects of stress and the impact of COVID-19; identify the skills and techniques used to manage increased stressors; identify the impact of trauma and self-care skills to aid in recovery; and coping mechanisms in times of change.

A Licensed Professional Counselor and CAADC, Greg is the Director of Mid Atlantic Rehabilitation Services (MARS) in Bethlehem, PA, owner of Monocacy Counseling Associates, Adjunct Faculty member at Moravian Theological Seminary. He is a graduate of Moravian Theological Seminary in 2002 with a Master's Degree in Pastoral Counseling. He has been a counselor, and program director in the addiction and mental health counseling field for the past 27 years. He was awarded the 2016 Bishop Kortz award for excellence in the field of Pastoral Counseling from Moravian Theological Seminary.



555 Union Blvd., Suite 7
Allentown, PA 18109
Phone: 610-443-1595, Fax: 610-443-1598

Our Mission at CHC:
We give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.

For more information, please contact:
Karen Kohn - PA Approved SAP Trainer
kkohn@thehc.org

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