

OCTOBER 21, 2020

11:00 a.m. - 12:00 p.m. ET

PROFESSIONAL DEVELOPMENT



Learn more
about mindfulness
meditation to
combat loneliness.

EVENT LOCATION

<https://militaryfamilieslearningnetwork.org/event/85650/>

Surmounting Social Isolation & Loneliness: Mindfulness Meditation

When we develop a cough or a fever, it's likely a sign that something is not quite right with our physical health. But what about when we feel lonely? High-quality relationships are vital for our health and well-being—loneliness might be a sign that something is not quite right with our emotional health. This session will explore the differences between social isolation and loneliness, the potential risks to our personal and relational health, and tips for how to effectively cope and manage. Learning Objectives include: (1) Understand the difference between social isolation and loneliness; (2) Identify tips to coping and managing loneliness; and (3) Review mindfulness meditation techniques.

PRESENTER

Andrew B. Crocker

Extension Program Specialist, Gerontology & Health
Texas A&M AgriLife Extension Service

Lakshmi Mahadevan, Ph.D.

Associate Professor & Extension Specialist, Special Populations
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CONTINUING EDUCATION CREDIT

- **Social Work, LPC, LMFT:** The MFLN Military Caregiving concentration will apply for continuing education (CE) credit from the UT Austin Steve Hicks School of Social Work for credentialed and licensed professionals (social workers, LPC, LMFT).
- **Case Manager:** This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 clock hours.
- **Board Certified Patient Advocates (BCPA):** This program has been pre-approved by The Patient Advocate Certification Board to provide continuing education credit to BCPA. The course has been approved for a total of 1.0 CE contact hour.
- **Certified Family Life Educators (CFLE):** This program has been approved by the National Council on Family Relations (NCFR) for 1.0 CE credit for CFLE.
- **Certificates of completion** are available for participants interested in receiving training hours.

RSVP TODAY!

