

## Self-care during the Pandemic & beyond

Wednesday 6 October 2021

### DATE

Wednesday 6 October 2021

### TIME

7.00pm – 8.00pm

### REGISTRATION

To register please click [here](#)

### CONTACT

For more information contact Judy Galton or Robi Robinson, the Education Team at [events@snhn.org.au](mailto:events@snhn.org.au)

### COST

No cost for GPs, Practice Nurses, Pharmacists, Allied Health Professionals and their staff practising within the SNHN region



### ABOUT THIS WEBINAR

Sydney North Health Network (SNHN) invites GPs, Practice Nurses, Practice Managers and their staff, Pharmacists and Allied Health Professionals to a webinar on self-care during the pandemic & beyond.

We are frequently reminded of Self-all the things we need to do to stay safe during this Pandemic. Looking after your mental wellbeing should be part of this.

This one-hour webinar with Clinical Psychologist Ros Knight, will give you practical strategies to help you improve your mental wellbeing.

### SPEAKERS AND PANELISTS

#### Ros Knight | Clinical Psychologist

Ros Knight is an Endorsed Clinical and Counselling Psychologist with 29 years' experience.

She runs a Private Practice in Chatswood focussed on Adults and Adolescents with a broad range of mental health issues and lives within Northern Sydney area.

Ros is a Board Director at Sydney North Health Network.

### LEARNING OUTCOMES

- Increase self-awareness of self-care
- Strategies to engage in flexible self-care in a changing world.

Please register online via

[https://us02web.zoom.us/webinar/register/WN\\_WwFpO8ETQ9qOKXslb37HOg](https://us02web.zoom.us/webinar/register/WN_WwFpO8ETQ9qOKXslb37HOg)

On registering you will receive an automated message from Zoom confirming your registration. If you do not receive this email, please check your Junk folder or contact [events@snhn.org.au](mailto:events@snhn.org.au)