

Self-Injury

A one-day workshop with Sera Davidow & Marty Hadge


Tuesday, May 1, 9:30am to 4:30pm

@ Holyoke Community College

Join this one day workshop to learn more about self-injury, and how to better understand and support people who do it. This workshop will cover a number of topics from the different types of self-injury to the many reasons why people self-injure, and some strategies for offering support when self-injury starts getting in the way of someone's life.

This workshop is free, but registration is required by e-mailing to info@westernmassrlc.org

What are the myths? *Is the goal always to stop?*
What about harm reduction?
What is self-injury? *Why do people do it?*
What helps and what hurts?



CEUs for LMHCs
and Social Work
Being Requested