



CHW Networking Forum

February 20, 2020 12PM – 2PM

Community Health Education Center (CHEC)

860 Harrison Ave. 2nd Floor, Boston, MA 02118



HOME VISITING SAFETY



- ✓ Learn practical tips to help keep yourself safe when working out in the community.
- ✓ Learn how to wake up your brain to increase your awareness of what's happening around you.
- ✓ Learn effective stress management techniques, including breathing and meditation, and how to use these tools to help with de-escalation.



Please call CHEC at 617-534-5181 to RSVP or email checenter@bphc.org

Please call immediately if you need individual arrangements (i.e., ASL interpreters).

Remember: These forums are for networking; Don't forget to bring your business cards and flyers!

Acknowledgement: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept. of Health and Human Services (HHS) under grant number UB6HP31685 "Regional Public Health Training Center Program." This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.