

SAVE THE DATE

## Self-Regulation Techniques For Stress

**May 30, 2024**

**9:30 am - 5:00pm**

**Sign-in begins at 9:15 am**

**Training held in-person at:  
The Learning Partnership  
1075 E. Santa Clara Street  
San Jose, CA 95116  
(2nd Floor)**

### DESCRIPTION

This training is a highly interactive course that meets for one 8-hour session. Participants in this course will be facilitated through presentation, group discussions and take away assignments to learn individual techniques in reducing stress. Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress.

Participants will be shown how stress can be positive and negative and approaches to navigate stressful situations.

In this workshop we ask that participants who attend be ready to share with others both in large groups and small groups. What supports this course to be effective is that we all share and learn from each other.

**(Note: CE Credits are NOT Available)**

### LEARNING OBJECTIVES

- Identify the 3 Triple A approaches to reduce stress.
- List at least 2 new routines to reduce stress.
- Identify at least 1 stress reducing lifestyle.

### INSTRUCTORS

**BeaJae North** works as a consultant to build bridges across uncommon grounds such as those from businesses to com-munity, individuals to com-munity resources, and agencies to consumers. She has been able to assist various com-munity agencies to service better those they work with by helping people to hear and speak to one another in the spirit of mutual respect. She uses a common foundation for her approach in teaching this, the use of language from cultural perspectives and working with individuals' self-knowledge.

**Lala Doost** is the Western Region Projects Coordinator for the Copeland Center. Lala started her journey in the wellness-oriented workspace over 15 years ago in Oakland, CA, and has since continued working with many non-profit, peer-run, or peer-focused agencies in California, and other states, that are focused on providing support and resources to community members wanting to enhance their wellness. Lala continues to collaborate with agencies to provide workshops that promote the exploration of approaches to staying well in various environments, including at work. Lala enjoys exploring new techniques and ideas in wellness and being able to share them with others.

**Training is FREE and all are  
welcome!**

**Register at:  
[scclearn.sccgov.org](https://scclearn.sccgov.org)**

**Registration closes at 9am two  
working days prior to training  
date.**

*If you have questions, need accommodations,  
or have a grievance, please contact  
[LPTraining@hhs.sccgov.org](mailto:LPTraining@hhs.sccgov.org)*



COUNTY OF SANTA CLARA  
**Behavioral Health Services**

Supporting Wellness and Recovery