

New Groups begin almost every month!

Sign up as many times as you'd like!

Tuesdays 3-4pm or Wednesdays 6-7pm

Email Megan at [drmeganweller@gmail.com](mailto:drmeganweller@gmail.com) to reserve your spot!

## AN EASY TO MANAGE 4-WEEK VIRTUAL FORMAT

Are you trying to  
manage many  
things at once?  
Do some days feel  
harder than others?

Are you stressed?

Groups are held as open discussions with guiding topics

Week 1: Chronic stress and its impact on our bodies

Week 2: The signs of burnout and how to fight back

Week 3: How to integrate self care into your daily life

Week 4: Participants' Choice

PRO TIP: GET TOGETHER WITH 3 OR 4 OF  
YOUR TRUSTED COWORKERS TO SIGN UP FOR  
THE SAME 4-WEEK SERIES.



The Washoe County Counseling  
Department brings to you, confidential  
support facilitated by trained, community  
based, mental health providers at  
no cost to you:

Megan Weller, PhD, MFT and  
Jacquelyn Kleinedler, MA, MFT

