

10:15 a.m. to 11:45 a.m.

Concurrent Session 1F

**THE JOURNEY AND STRUGGLE IN SETTING HEALTHY BOUNDARIES
FOR OURSELVES**

In-Person

*This session is approved for 1.5 SW CE credits

•Learning Outcome #1

Participants will be able to identify new ways to set boundaries at work.

•Learning Outcome #2

Participants will demonstrate an understanding of how boundaries prevent burn-out.

•Learning Outcome #3

Participants will gain insight in to the correlation between self-care and healthy boundaries.

Speaker Bio:

Paula Pagan-Rosas is a Clinical Social Worker Specialist in Smithtown, New York. She graduated with honors in 1985. Paula Pagan-Rosas is the founder of The Positive Connection & Long Island Elder Care. She has over 36 years of experience working with children, young adults and adults in the mental health field. Her specialties include anxiety disorders, depression, grief counseling, bipolar disorders and recovery from alcohol and substance abuse.