

The Episcopal Church Women Board
Invites All Women in the Diocese of Missouri
to

Connections

How Am I? Self-Care for Turbulent Times

Emily Klamer, MEd, PLPC, NCC,
Care and Counseling

What's the cause of that stress
you're feeling? Is it post-holiday
letdown? Quarantine fatigue? Or
something else?

Join us to learn how to check in with
yourself and gain some tools for
self-care.

Zoom Meeting

February 10, 2021, 5:30 pm Central Time

Join us for a presentation plus small group discussion.

Register in advance for this meeting:

<https://bit.ly/3irZAQR>

After registering, you will receive a confirmation email containing
information about joining the meeting.

We hope this is a brief break for you from the chaos of your life and
you leave feeling loved and heard in our circle of sisterhood.

Sometimes it is difficult to get away directly at 5:30 pm. We understand—join us when you can.



Emily Klamer, MEd, PLPC, NCC, is a psychodynamic psychotherapist working with individuals who are seeking greater balance, harmony, and authenticity in their lives. A resident therapist at Care and Counseling, she is a graduate of UMSL's Clinical Mental Health Counseling MEd program, and the St. Louis Psychoanalytic Institute's Advanced Psychodynamic Psychotherapy Program and Schiele Clinic Practicum Program.