



December 2024

Yoga – Powerful Tools for Recovery

Presenter: Dylan Mariah, RN, LMHC, Certified Health Coach, Certified Nutrition Coach

Date: Wednesday, December 4, 2024

Time: 9:00 a.m. - Noon

Cost: \$40

Content: This workshop will include an overview of Yoga as it was practiced traditionally and as it is practiced now in a contemporary Western environment. The research-supported benefits of yoga for individuals in recovery will be reviewed, as well as its application to supporting the need for stress management, spiritual opening and mental focus. Didactic presentation may include brief experiential exercises that will be shared so that addiction professionals can experience simple Yogic relaxation and centering tools.

Continental breakfast is provided.

3 Clock Hours:

CASAC Renewal
CPP Section 1
CPS Section 1
LMHC
LCSW

Registration deadline:

Wednesday, November 27, 2024

This training is IN PERSON ONLY
NCADD-RA
1931 Buffalo Rd
Rochester, NY 14624

Click on the link below to register online:
<https://ncadd-ra.org/events-trainings/>

The Truth Behind Our Screens

Presenter: Delia Gallmeyer, MS, MHC

Date: Friday, December 13, 2024

Time: 9:00 a.m. - Noon

Cost: \$40

Content: According to Pew Research (2023), 97% of Americans own a cell phone of some kind and nine-in-ten own a smart phone. Research has found that social media provides access to substances that can increase an individual’s likelihood of misusing drugs or alcohol. In this workshop, participants will increase their knowledge and awareness of smartphone and social media trends, recognize manipulative platform designs and how this can influence addictive behavior across all ages. Additionally, discussed will be how social media plays a significant role in the ongoing misuse of drugs.

Continental breakfast is provided.

Clock Hours:

CASAC Renewal
CPP Section 1
CPS Section 1
LMHC
LCSW

Registration deadline:

Friday, December 6, 2024

This training is IN PERSON ONLY
NCADD-RA
1931 Buffalo Rd
Rochester, NY 14624

Click on the link below to register online:
<https://ncadd-ra.org/events-trainings/>

*St. John Fisher University is recognized by the New York State Educational Department’s State Board as an approved provider of continuing education credits for **Licensed Mental Health Counselors.***

*Nazareth University is recognized by the New York State Educational Department’s State Board as an approved provider of continuing education credits for **Licensed Clinical Social Work.***



National Council on Alcoholism & Drug Dependence Rochester Area

To mail in your registration, please return this form and **NON-REFUNDABLE** registration fee to: **NCADD-RA, Attention: Elaine Alvarado
1931 Buffalo Rd., Rochester, NY 14624.**

Name of registrant: _____ Agency: _____

Phone Number: _____ E-mail: _____

Indicate below which training(s) you are registering for:

Interested in: **LMHC Credit Hours** *Only for Licensed Mental Health Counselors renewal or initial credential* **LCSW Credit Hours** *Only for Licensed Clinical Social Workers renewal or initial credential* **OASAS CASAC Renewal, CPP & CPS Credit Hours**

Interested in: **LMHC Credit Hours** *Only for Licensed Mental Health Counselors renewal or initial credential* **LCSW Credit Hours** *Only for Licensed Clinical Social Workers renewal or initial credential* **OASAS CASAC Renewal, CPP & CPS Credit Hours**

Payment information:

Check (enclosed)

Credit Card Payment: Visa Master Card Discover AMEX

Card Number:

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CVV:

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Expiration Date:

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Name on credit card and billing address (*please note that billing address is the address where the credit card bill goes to*)

Name: _____ Agency: _____

Address: _____

For more information, please call or e-mail Elaine at (585) 719-3481, elvarado@depaul.org or Delia Gallmeyer at (585) 719-3489, dgallmeyer@depaul.org.