LET’S DO LUNCH!

Fill your stomach. FEED YOUR BRAIN.
Join us for a Lunch Hour Series on
Maintaining Mental Health during the Coronavirus Crisis

Presented by Staff Council Rewards and Recognition Events
Vanessa Haye, LPPC, Senior Counselor at CARS
“Mindfulness: Taking Refuge in the Present Moment”

Brown Bag Lecture Series
August 10th, 2020
12 noon – 1:30 p.m.
Join Zoom Meeting:
https://unm.zoom.us/j/97260120694

In this presentation Vanessa will provide knowledge and tools to stay calm during the storm of the recent worldwide crisis. You will receive not only an explanation of mindfulness, but also how we can use it in our lives. We will practice basic mindfulness meditations/techniques and discuss ways in which mindfulness can help us to be the peaceful one in the boat during the COVID19 storm. By doing so we can inspire others and bring hope. On a practical level, mindfulness can help with stress management, job performance enhancement, a means to obtain more pleasure out of work, mental and physical health, and an overall improvement in quality of life.

Vanessa Haye, LPCC joined the CARS team in January 2013, and has been working in behavioral health and substance abuse since 1996 in a large variety of settings and in many different capacities. She is fluent in Spanish, does Sandtray Therapy, uses art therapy techniques, and is a Certified Therapist in EMDR. Vanessa has used EMDR with clients since 2000. She loves to work with couples, encouraging implementation of positive communication skills and other solution focused techniques. She believes strongly in conducting therapy using empathy, based on Heinz Kohut’s concept in the self-psychology model. She also relies heavily on mindfulness practices and ideas. For more information on Vanessa go here: https://cars.unm.edu/staff/haye.html