

United Way PACE

(Partners & Agencies Collaborating & Educating)

You are invited to join United Way PACE (Partners & Agencies Collaborating & Educating), a learning series for agencies in our area. The goals of the learning series are to help increase capacity, aid staff as they are working with clients and improve collaboration. A variety of topics will be offered for all levels of staff.

UPCOMING SESSIONS:

Relaxation Techniques for Stressed Agency Staff

- ***December 5 at 10 a.m.***
 - Presented by Emily Fite RN, The Yoga Room, this session will share things we can do during the day to help relieve stress including breathing techniques and chair yoga.

Series on Addiction presented by Family Guidance Center

- ***January 17 at 10 a.m.***
 - This is your brain, and body, on substances.
- ***February 21 at 10 a.m.***
 - Mental health, substance use, and gambling, the tie that binds...
- ***March 20 at 10 a.m.***
 - The light at the end of the tunnel: Resources, MAT, How-to.

United Way Resources 101

- ***February 13 at 10 a.m.***
- ***May 1 at 10 a.m.***
- ***August 7 at 10 a.m.***
- ***November 6 at 10 a.m.***
 - These sessions will be offered on a quarterly basis. Each session is geared to new agency staff and will provide them with a base understanding of agencies, resources and services available in the St. Joseph community.

Sessions are held at: United Way of Greater St. Joseph (118 South 5th Street, St. Joseph) and via Zoom (Meeting ID: 895 1945 7972; Passcode: 151782). Click [here](#) to join the Zoom meeting.

Additional topics and sessions are added throughout the year. Click [here](#) to view the schedule.