

# Mindfulness & Self Care

For Behavioral Health &  
Substance Use Providers

IN-PERSON TRAINING PROVIDED BY

THE NATIONAL LATINO  
BEHAVIORAL HEALTH  
ASSOCIATION

NO COST - BROUGHT TO YOU BY LC3  
FOOD PROVIDED, RESOURCES AVAILABLE

3 CEUS



IN PARTNERSHIP WITH



RSVP REQUIRED - IN-PERSON ONLY

**IN PERSON - RADIUM SPRINGS COMMUNITY CENTER**

12060 L B LINDBECK RD, LAS CRUCES, NM 88007 - SPOTS LIMITED - 3 CEUS

THURSDAY  
**JUL 24**  
9A-12P

RSVP AT  
[HTTPS://TINYURL.COM/LC3TR25](https://tinyurl.com/LC3TR25)

OR SCAN QR CODE

FREE TRAINING

SPOTS LIMITED

IN-PERSON ONLY

FOR MORE INFORMATION  
CONTACT JAVIER GUERRERO, ICS  
COMMUNITY COORDINATOR AT  
JGUERRERO@FYINM.ORG



# About the Training



## MINDFULNESS AND SELF CARE - FOR BEHAVIORAL HEALTH & SUBSTANCE USE PROVIDERS

BEHAVIORAL HEALTH AND SUBSTANCE USE DISORDER (SUD) PROVIDERS ARE OFTEN ON THE FRONT LINES OF CARE, FACING EMOTIONALLY DEMANDING WORK THAT CAN LEAD TO COMPASSION FATIGUE AND BURNOUT. THIS TRAINING, LED BY THE NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION (NLBHA), OFFERS PRACTICAL STRATEGIES FOR INTEGRATING MINDFULNESS AND SELF-CARE INTO DAILY PRACTICE. PARTICIPANTS WILL EXPLORE EVIDENCE-BASED TECHNIQUES TO REDUCE STRESS, ENHANCE EMOTIONAL RESILIENCE, AND IMPROVE OVERALL WELL-BEING. THE SESSION IS DESIGNED TO SUPPORT PROVIDERS IN MAINTAINING THEIR OWN MENTAL HEALTH WHILE SUSTAINING HIGH-QUALITY CARE FOR THE COMMUNITIES THEY SERVE.

## About the Trainer



**ENRIQUE LÓPEZ-ESCALERA, JCL, STL, MSW (HE, HIM, HIS)**  
**LIFE COACH**  
**GEMAS DE VIDA LLC**

ENRIQUE WAS BORN IN EL PASO, TEXAS AND RAISED IN CD. JUAREZ, MEXICO. SINCE THE AGE OF NINE HE HAS RESIDED IN NEW MEXICO, EXCEPT FOR A FEW YEARS LIVING ABROAD PURSUING HIGHER EDUCATION. HE DEEPLY IDENTIFIES WITH THE BORDERLANDS. HE IS FULLY BILINGUAL AND BI-CULTURAL.

ENRIQUE IS A LIFE COACH. HE HAS POST-GRADUATE DEGREES SOCIAL WORK, CANON LAW, AND THEOLOGY. HE HAS 25+ YEARS OF EXPERIENCE OF SERVING PEOPLE DIRECTLY IN SOUTHERN NEW MEXICO. HIS RANGE OF EXPERIENCE INCLUDES SPIRITUAL COUNSELING AND MENTORING IN MENTAL AND BEHAVIORAL HEALTH. HE HAS A MINOR IN PHILOSOPHY WHICH SERVES AS THE FOUNDATION FOR HIS PRESENTATIONS ON ETHICS.

HIS DELIVERY METHOD IS CHARACTERIZED BY PROFESSIONALISM, WARMTH, AND SIMPLICITY – COMMUNICATING IMPORTANT CONCEPTS IN EASY-TO-UNDERSTAND TERMS.

ENRIQUE IS CERTIFIED IN MENTAL HEALTH FIRST AID BY THE NATIONAL COUNCIL OF MENTAL WELL BEING AND AS A PROFESSIONAL LIFE COACH BY TRANSFORMATION ACADEMY.

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