

# Self-Care and Stress Management!

- Empower yourself with stress management and resilience-building techniques
- Learn practical tools for everyday self-care and emotional balance

Hayley McLemore is a licensed clinical social worker and a proud graduate of Gallaudet University. She currently works with National Deaf Therapy, providing remote mental health services to adults. Hayley is passionate about supporting the Deaf community and helping individuals navigate their mental health journeys through culturally affirming care.



Join us on Wednesday, July 16, 2025, from 12:00 to 12:45 p.m. Central Time!



RSVP required! Fill out the form or email at [dhoh@nashville.gov](mailto:dhoh@nashville.gov) to receive Zoom link



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National Deaf Therapy