



Public Defender Mutual Support Space

Tuesday October 3rd, 2:00 PM – Feeling Alone in this Work: Overcoming Isolation in Public Defense; Overcoming Negative Perspectives from Both System Actors and our Clients. (Zoom Meeting ID: 861 2237 5351 Passcode: 203104)

Thursday October 19th, 7:00 PM – Techniques for Coping with Stress and Burnout, Establishing Healthy Life Boundaries, and Practical Exercises from a Licensed Professional. (Zoom Meeting ID: 818 8907 2621 Passcode: 671762)

The Public Defender Association of Pennsylvania offers a Mutual Support Space, facilitated by Licensed Professional Counselor Lauren Hogsett, open to all members of Public Defender offices throughout the Commonwealth of Pennsylvania. The stressors from the nature of our work have demonstrated a need for a confidential and supportive environment. This Public Defender Mutual Support Space has been created as a venue to process these challenges with peers to increase health and wellness in the work setting.

Group Sessions will be facilitated by a Licensed Professional Counselor and take place on the first Tuesday of each month at 2:00 PM and the third Thursday of each month at 7:00 PM via Zoom.

Tuesday, October 3rd, 2023, at 2:00 PM

[Feeling Alone in this Work: Overcoming Isolation in Public Defense; Overcoming Negative Perspectives from Both System Actors and our Clients](#)

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Objectives

- Provide education on common challenges and stressors for Public Defenders and other members in the office.
- Provide a supportive, confidential, and safe environment for peers in Public Defender's offices to meet and share challenges and impact related to the work of the office.