



## **ASD Community of Practice**

**Date: November 30, 2022**

**Time: 8:30 – 11:00 am**

**Location: Virtual**

Link for participation will be emailed to Region 11 ASD CoP District Representatives

### **Meeting Facilitators:**

Metro ECSU Facilitator - Kayna Plaisted [kayna.plaisted@metroecsu.org](mailto:kayna.plaisted@metroecsu.org)

Sub-Regional ASD Co-Facilitators - Di Ann Rundquist, Tracy Templeton, Rachel Tacheny, Michele Glynn, Kris Smallfield, Robyn Ostgaard, Laura McCaghy, Jennifer Guettler, Kristi Ebert, Lisa Giebink

### **Meeting Agenda:**

8:30 – 8:45 Welcome & ASD CoP Review (Kayna Plaisted)

8:45 – 11:00 Deconstructing Self Care: Helping Professional Thrive in a Weary World presentation (Jenna Londgren)

Presenter: Jennifer Londgren, EdD, LMFT, NCC, Dr.- Minnesota State University, Mankato. Dr. Jennifer Londgren is the Program Coordinator for the Alcohol and Drug Studies Program at Minnesota State University, Mankato, and an Associate Professor in the Department of Health Science. Her clinical expertise includes working with clients with addiction and mental health issues, as well as working with youth with anxiety disorders. She is passionate about supporting students and professionals in the mental health field.

### **Future Meeting Tentative Plans:**

Monday, February 27, 12:30 pm – 3:00 pm

Wednesday, May 24, 8:30 am – 11:00 am

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