

**COUNTY OF SAN MATEO  
DISTRICT ATTORNEY'S OFFICE  
INTERDEPARTMENTAL MEMO**

---

---

**DATE:** May 4, 2021  
**TO:** ALL PERSONNEL  
**FROM:** MORRIS MAYA  
**SUBJECT:** QUARTERLY STAFF MEETING

---

---

On **Friday, May 21, 2021, from 1:30 p.m. to 3:00 p.m.**, the San Mateo County District Attorney's Office will present:

**BATTLING EMOTIONAL FATIGUE  
AND ACHIEVING PROFESSIONAL WELLNESS**

Under normal circumstances, the maintenance of emotional wellness in a professional environment can be challenging. The last year has been anything but normal. When you consider the amount of human tragedy, stress, and public scrutiny members of the law enforcement are exposed to, attention to self-care becomes critical. This presentation serves as a realization and an acknowledgement of how our work impacts our health and emotional well-being. And how our work and lives are further complicated by a global pandemic. Through understanding the interplay between professional life and emotional health, one can begin to develop strategies to mitigate the difficulties encountered and engage in practices which promote well-being.

This training will be presented by Veronica Navarro. Ms. Navarro is currently a Forensic Interview Specialist at the Keller Center and is also in private practice. She has a Bachelor's Degree in Sociology and a Master's in Counseling: Marriage and Family Therapy. Ms. Navarro has worked as a Social Worker, Prevention Coordinator and Youth Therapist.

***This training will be streamed and recorded and is designed for all staff.***

***PARTICIPATING ATTORNEYS WILL RECEIVE 1.5 HOURS OF MCLE CREDIT ON  
COMPTENCY ISSUES.***

The Office of the District Attorney of San Mateo County  
is a State Bar of California approved MCLE provider  
(Provider #2743)

**Attendance for attorneys is mandatory unless approval is obtained from your supervisor.**