

Keeping Healthcare Professionals Healthy

FREE



Groups
Will Start

8/30/21

MONDAYS

12:00-1:00 pm

WEDNESDAYS

6:00-7:00 pm

Join Any Week

TOPICS COVERED



WEEK 1

Compassion Fatigue



WEEK 2

Grief and Loss



WEEK 3

Self-Care



WEEK 4

Secondary Trauma



WEEK 5

Feeling Helpless
and Hopeless



WEEK 6

Boundaries
Balancing Work /
Home Life

ZOOM LINK

available at

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