

Self Care: More Important Now than Ever

A two-part virtual workshop for Durham's child & family-serving providers

Working with children and families, particularly those who have experienced trauma, can be as challenging as it is rewarding for the helpers. This is true for health care providers and mental health professionals, home visitors, DSS social workers, educators, caregivers, and court personnel. Hearing stories from families place those providing services at an increased risk for compassion fatigue, emotional strain, and secondary traumatic stress (STS).

If it feels like you're working harder and with more stress, you're right!

With the presence of new stressors including COVID-19 and increased awareness of racism and social injustice, providers are experiencing much higher levels of personal and professional stress and distress. These unique times and events are impacting *everyone*. Using a trauma-informed lens, this interactive workshop will provide participants with skills to reduce your risk for compassion fatigue and secondary traumatic stress and better support yourself as well as the families you serve.

DETAILS

PART I

January 13, 2021

9:30-11:00 a.m.

An interactive presentation on STS, Compassion Fatigue, and proven self-care strategies.

PART II

February 3, 2021

9:30-10:30 a.m.

Facilitated reflection and discussion to reinforce new practices and address challenges.

REGISTRATION

Register for this free training event at:

<https://tinyurl.com/self-care2021>

Zoom link provided upon registration confirmation.

TRAINERS



[Cheri Coleman,](#)
[MSW](#)



[Robin Gurwitch,](#)
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Questions? Contact

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