



mindfulness

BURNOUT & SELF-CARE TRAINING

Training for CESD staff

Spaces are limited and classroom staff are prioritized.

When: Jan. 31. & Feb. 1 from 9am-4pm.

Where: Mt. Hope conference room ,Clackamas Education Service District, 13455 SE 97th Avenue, Clackamas, Oregon 97015

Description: This training is geared toward direct service staff, both clinical and non-clinical, who provide community mental health/behavioral

health services. The focus of the training is to assist service providers with recognizing, preventing, managing and recovering from burn out/compassion fatigue as a result of work stress and vicarious trauma. The training will teach strategies for recognizing and combating symptoms of burn out through Mindfulness, Meditation, Time Management, Work-life Balance and coping with Vicarious Trauma.

Interested? Contact your supervisor!



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