

TRAINING FRONT-LINE WORKERS

SELF-CARE

PRACTICAL STRATEGIES FOR FRONT-LINE WORKERS

FRIDAY, NOVEMBER 24TH, 2023

10 AM – 11:30 AM

AT JFS OFFICE

2255 CARLING AVE.- THIRD FLOOR



It is crucial that you prioritize self-care and become aware of your limitations and emotions.

This session will provide you with information about stress and burn-out warning signs, as well as strategies for coping to maintain your well-being.

For information and registration:

<https://forms.office.com/r/tPgyt2yCfJ>

or contact **Lamia Al-Ansari**
613-301-4837
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Jewish Family Services of
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