

TRAINING FRONT-LINE WORKERS

SELF-CARE

PRACTICAL STRATEGIES FOR FRONT-LINE WORKERS

FRIDAY, FEBRUARY 16TH, 2024

10 AM – 11:30 AM

AT JFS OFFICE

2255 CARLING AVE.- THIRD FLOOR



For information and registration:

<https://forms.office.com/r/zFRTdqZQ29>

or contact **Lamia Al-Ansari**
613-301-4837
llalansari@jfsottawa.com

This session is offered by Jewish
Family Services of Ottawa

Funded by IRCC

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.