

TRAINING FRONT-LINE WORKERS

# SELF-CARE

## PRACTICAL STRATEGIES FOR FRONT-LINE WORKERS

**FRIDAY, MAY 24<sup>TH</sup>, 2024**

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/D0F0WZJtEn>

**or contact Lamia Al-Ansari**  
**613-301-4837**  
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