

TRAINING FRONT-LINE WORKERS

SELF-CARE

PRACTICAL STRATEGIES FOR FRONT-LINE WORKERS

FRIDAY, AUGUST 23RD. 2024

10 AM – 11:30 AM

THE SESSION WILL BE

HYBRID



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/euEgvRjnQ9>

or contact Lamia Al-Ansari
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