

FREE

**COMPASSION
SATISFACTION AND
COMPASSION
FATIGUE**

BURNOUT

**SECONDARY
TRAUMA STRESS**

**SELF-CARE IN
PRACTICE**

**DEVELOPING A
SELF-CARE ACTION
PLAN**

SELF-CARE

PRACTICAL STRATEGIES FOR FRONT-LINE WORKERS



For registration

<https://forms.office.com/r/KYrP2g45Ve>

Or contact Lamia Al-Ansari

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**The session will be HYBRID on Friday, March 7, 2025
from 10 a.m. – 11:30 a.m.**

The session is offered by JFS
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Immigration, Refugees
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This workshop will address the signs of stress and burnout, along with coping strategies to help maintain your well-being.