



SELF-CARE FOR CAREGIVERS

In this 1.5 hour online workshop, you will learn about the importance of developing self-care practices to prevent caregiver burnout and improve your physical and emotional well-being.

This training is designed for healthcare workers to learn:

- What is self-care?
- Practical ways to deal with stress and challenges
- Cost-effective tips, ideas, and exercises to try at home

Workshop Dates 2023:

- Saturday, February 4 10AM PT/ 1PM ET (Interpretation in Polish, Russian, Spanish)
- Thursday, February 23 10AM PT/ 1 PM ET (Interpretation in Vietnamese, Korean, Spanish)
- Friday, March 3 10AM PT/ 1 PM ET (Interpretation in Mandarin, Cantonese, Spanish)
- Wednesday, March 22 4PM PT/ 7 PM ET (Interpretation in Polish, Russian, Spanish)
- Friday, April 7 10AM PT/ 1 PM ET (Interpretation in Vietnamese, Korean, Spanish)
- Thursday, April 20 4PM PT/ 7 PM ET (Interpretation in Mandarin, Cantonese, Spanish)
- Tuesday, April 25 4PM PT/ 7 PM ET (Interpretation in Polish, Russian, Spanish)



You can register at:

[HCAPselfcare.eventbrite.com](https://www.hcapselfcare.eventbrite.com)

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HEALTHCARE CAREER
ADVANCEMENT PROGRAM