

Stress-Busting Program for Caring Professionals



Program for Professional Caregivers

Do you provide care and support for individuals in your job?
Are you feeling burnt out? You may be experiencing
compassion fatigue.

You Are Not Alone

- We know professional caregiving can be stressful
- This program will teach:
 - understanding compassion fatigue
 - stress management techniques
 - relaxation and coping strategies



Information

Who: Professional caregivers and supportive staff
(i.e. health care professionals, social workers, case
managers)

What: 8 hour training course (one full day)

Where: Now being offered in Colorado! Please contact
mkluth@eastersealscolorado.org if you are interested.

When: Dates can be set up at your convenience



Please contact us for more information or to register:

mkluth@eastersealscolorado.org