



Dec 2, 2020

2:00 PM – 5:00 PM

SELF-CARE SKILL TRAINING SESSION (3 CEUS)

This training will not replace the 90 hour CHW training required by The Oregon Health Authority to become certified. Priority will be given to participants who have not taken the CHW Training.

By the end of the session, participants will be to:

- Explain how stress, burnout and vicarious trauma impact CHWs and how to manage these conditions
- Explain why self-care skills are especially important for CHWs
- Identify appropriate and workable boundaries for CHWs; and
- Identify and use techniques for self-care as CHWs

**photo from Disabled And Here*



ORCHWA
Oregon Community Health Workers Association

CONTACT

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FEE

\$45 for general public

Free for ORCHWA Members

RSVP by Nov 27

After you register, the Zoom link will be sent closer to the event date

This is a safe space for CHWs only

ORCHWA

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