



# Stress First Aid Workshop:

## *Creating A Culture of Support & Self-Care*

### Dates & Times:

- April 29: 10:00-12:00
- May 6, 13, 20, or 26: 10:00-12:00
- June 10 or 24: 10:00-12:00
- July 15 or 29: 10:00-12:00

### Location:

Virtual – Detailed Information Will Follow Registration.

Stress First Aid is an evidence-based peer support and self-care model that anyone can use in any setting during challenging times.

In this training you will learn what stress first aid is, how to recognize distress in yourself and others and build essential skills to help others in a time of distress. At the completion of this training, participants will be able to:

- Identify stress in your colleagues and ensure help is offered
- Identify stress in yourself and know how to reach out for support
- Create a supportive work environment where: leadership promotes mental health & well-being and team members are caring for one another

**Register Today for a Workshop!**

<https://www.eventbrite.com/e/stress-first-aid-creating-a-culture-of-support-self-care-tickets-149056432803>