

# Hope & Resilience

Special Sessions for Healthcare Providers & Their Families



Healthcare providers and their families are the heroes of the COVID-19 pandemic. Experiencing a demanding workload and long hours can lead to stress, anxiety, fear and other strong emotions that can affect your well-being and those you care about. Join us for a special Hope & Resilience session to build resilience and discover tools to cope with stress. Due to the nature of the conversation, sessions are capped at 20 participants.

Sessions are co-facilitated by Dr. Tina Woods, Tlingit & Haida Senior Director of Community & Behavioral Services & Ilona Van der Ven, ICU, Registered Nurse.

## Session I:

Thursday, August 26, 2021  
5:30 PM - 6:30 PM



## Session II:

Friday, August 27, 2021  
12:00 PM - 1:00 PM

**Register Online:**  
[www.ccthita-nsn.gov/info/events](http://www.ccthita-nsn.gov/info/events)

Hosted by Tlingit & Haida's Community & Behavioral Services Division