



From Chronic Stress to Consistent Self-Care

6-Week Employee Wellbeing Program for Health & Social Service Professionals

Are you or your team experiencing work-related stress, burnout, or compassion fatigue?

This interactive program is available at no cost to organizations serving South L.A. and includes the following modules:

- Work-Life Harmony
- Preventing Compassion Fatigue & Burnout
- Setting Healthy Boundaries
- Better Sleep
- Food & Mood
- Mindfulness & Emotional Intelligence at Work



Can be facilitated
remotely or in person

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