

SELF-CARE

THE OVERLOOKED TRAUMA-
INFORMED PRACTICE

THE PATH TO SELF- CARE

PRESENTED BY:
THE STRATEGIES CENTER

AUGUST 23RD

12:45-2:45



Columbia College- Laurel Building

**Address: 11600 Columbia Drive
Sonora, CA 95370**

For questions, please contact:

Kelly Thomas-209-588-5068

Learn the difference between compassion fatigue, burnout and vicarious trauma

Understand how unaddressed compassion fatigue, burnout and vicarious trauma impact service quality and family engagement

Identify and use self-care techniques to promote resilience and create a path to wellness