**Caring for Yourself While Caring for Others**

A Mini-Retreat for Healthcare Providers

As the COVID Pandemic lingers on, healthcare providers are facing challenges beyond just fear of contagion and inadequate PPE. The emotional impact of living in a constant state of stress and uncertainty has taken its toll on our mental health. We need to take advantage of every resource we can to care for ourselves in order to be there for others.

I invite you to set aside a few hours to nurture your own well-being alongside your colleagues who are facing similar challenges.

Join me and other healthcare providers for a moment of rest, reflection, and rejuvenation in a virtual retreat designed specifically for you.

You will have opportunities to reflect on your own experiences, share your stories, and gain valuable tools to help sustain you for the duration of the pandemic.

**Our retreat will include**:

* Mindful self-compassion and gratitude practices
* Short didactic presentations
* Reflection exercises
* Small group sharing

Join your colleagues in support and solidarity at this crucial time.

**Date:** November 7, 2020

**Time:** 9:00AM-12:00PM

**Cost:** $45

ZOOM Meeting

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**Joe Sherman, MD** is a pediatrician and consultant to individuals and healthcare organizations in the areas of cross-cultural medicine, leadership, and provider well-being. He is a facilitator with the Center for Courage & Renewal and a certified physician coach with the Physician Coaching Institute. Joe has been in medical practice for over 30 years and holds an appointment as Clinical Associate Professor of Pediatrics at the University of Washington.