

Beyond Burnt Out:

Coping with Trauma, Grief, and Loss as Healthcare Workers in a Global Pandemic

Trying to figure out how to keep going when there's nothing left 'in the tank'?
Struggling to find time and energy to care for yourself when your job is caring for others?
Feeling like your passion for working in healthcare is disappearing?

Working in healthcare during the pandemic has exposed us to a never-ending stream of grief, loss, and trauma and has pushed many of us to drain our reserves of energy, compassion, and coping. This session will explore how this environment can impact us, and provide space to reflect on and process complex emotions.

Presenter: Erin Beckwell, MSW RSW (SK)

Two opportunities to join via WebEx:

October 28
12-1pm

[Click to join meeting](#)

November 3
2-3pm

[Click to join meeting](#)

For more information contact Mary Heilman
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