



REHABILITATION & COMMUNITY
PROVIDERS ASSOCIATION

Alert

National Council Announces Trauma-informed Care for Yourself and Your Team During COVID-19: Crisis Workshop Series

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

The public health and behavioral health workforce are not immune from the fears, uncertainties and loss of control surrounding the COVID-19 pandemic. It takes a specific set of tools to take care of yourself and your team as we process the collective uncertainty and trauma we are experiencing. Self-care is paramount during a time of crisis.

Get the tools you need to minimize the impact of anxiety and enhance self-care practices.

Join us on May 18 and May 27 for a two-part workshop series on managing stress and anxiety in a time of crisis, facilitated by [Elizabeth Guroff, MA, LCMFT](#), director of trauma-informed services.

Workshop #1: *How to Lead Through COVID-19 Crisis in a Resilience-oriented Trauma-informed Way* on **Monday, May 18, 2-3:30 p.m. ET** identifies leadership strategies you can adapt to minimize the impact of anxiety on staff and techniques to promote resiliency and self-care in a trauma-informed way. [Register now.](#)

Workshop #2: *Self-care and Promoting Post-traumatic Growth and Management During COVID-19* on **Wednesday, May 27, 2-3:30 p.m. ET** provides different strategies you can use to manage the impact of anxiety and worry on yourself and techniques to implement to enhance self-care during active crisis. [Register now.](#)

This workshop series is offered in partnership between the Region V Public Health Training Center and the National Council for Behavioral Health.

1.5 CHES Category I CECH will be available for \$3: ***The Michigan Public Health Training Center is a designated provider (ID# 99038) of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc.***

**To receive CE credits, you must register for this workshop, sign in within the first 10 minutes and view the workshop, and complete the evaluation. Detailed instructions will be provided at the end of the session.*

