

Self-Care Skills for CHWs 2.0

June 8, 2021 | 1-4 pm

3 CEUs are available upon completion of the training. \$25.00 for non members and \$0 for members. *due to subsidized HPCDP funds.

FACILITATORS:

Chi Bui & Shanaquewa Finney, of ORCHWA



Register online, capacity is limited!

By the end of the workshop participants will be able to:

- Learn some science about how stress affects our bodies, mind and spirit.
- Explain why self-care skills are essential.
- Practice self-care as CHWs and learn about available resources.
- Learn about practices that help sustain our energy and spirit.



ORCHWA
Oregon Community Health Workers Association