



CAREGIVER SELF-CARE: TOOLS TO HELP YOU SECURE YOUR OWN OXYGEN MASK FIRST

Who is the training for?

Family caregivers, youth, professionals, anyone experiencing compassion fatigue.

Register by going to:

<https://www.tfaforms.com/4970917>

QUESTIONS, PLEASE CONTACT


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 Visit wapave.org for more information and fill out the [online help request](#) or call 800-572-7368 ext. 115

This training provides the participant with a variety of types of information. This may include information on State or Federal law regarding the rights of individuals with disabilities. While this is provided to inform or make one aware of these rights, legal definitions, or laws/regulations, it is not providing legal representation or legal advice. The participant understands that this is information to educate them not to provide them with legal representation.

WHAT WILL THE TRAINING COVER?

- Mindfulness to support resilience
- Why a checklist can calm your brain
- Access to a video library with more self-care content
- We will reserve time to share and ask questions.

JUNE 7, 2022

FROM 6-7:30 PM

ZOOM LINK
WILL BE EMAILED SHORTLY
BEFORE THE EVENT

www.wapave.org

