

Lunch and Learn

45 minute workshops

Burnout, Compassion Fatigue & Vicarious Trauma

- What's the Difference?
- Building Resiliency
- Successful Recovery



Anxiety & Taking Thoughts Captive

- The Power of Noticing
- Tools of the Trade
- The Science Behind Panic Attacks

Trauma Informed Interactions

- Recognize Signs of Trauma
- Grounding Techniques
- Relaxation Activities



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