



## Compassion Fatigue

### **Event Topic**

Mental Health

### **Date / Time**

Wed, Feb 14, 2024

12:00 - 1:30pm

### **Location**

Virtual

Join us for a free online training that delves into the topic of compassion fatigue. Whether you're a caregiver, healthcare professional, or simply interested in the subject, this event is for you! Discover practical strategies to cope with the emotional toll of caring for others. Our trainers will explore the signs, causes, and ways to prevent compassion fatigue. Don't miss this opportunity to connect with like-minded individuals and gain valuable insight. Register now and take the first step towards self-care and resilience!

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HHS administers Project Recovery Iowa, a group of people trained to assist communities in a multitude of ways. There is no cost to the training and there will be 1.5 CEUs along with a certificate of attendance.

### **Registration Information**

To register for the training please use this link: <https://www.eventbrite.com/e/compassion-fatigue-tickets-809063058387?aff=oddtcreatOr>

[Register](#)

For more information about this YLI Calendar Event, please email [yli@idph.iowa.gov](mailto:yli@idph.iowa.gov)