

Your work is your calling

But you're feeling tired, traumatized and burned out

FIRST WORKSHOP

Finding Inner Resiliency for Secondary Trauma



Spring/Summer 2008

Join us for a F.I.R.S.T. Workshop to build resiliency against secondary trauma and compassion fatigue, revitalize your passion for your work and learn to care for yourself.

Spend multiple days interacting with a small group of your peers who may also be experiencing secondary trauma or burnout.

Through engaging exercises and active learning, our experienced trainers will help you:

- Better understand how and why you are being impacted by your work
- Recognize the things that stand in the way of taking care of your self
- Learn concrete tools and skills to better manage the emotional stress of your job
- Reconnect with your passion for your work

Registration:

NAME: _____

ORGANIZATION: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

Please make checks payable to:
HealthBridge Alliance
1600 Downing St., Ste 490
Denver, CO 80218



www.hballiance.org

Spring/Summer 2008 Workshops:

Please check those you wish to attend.

- February 14-15
For: Victim Advocates
Location: Golden
Cost: Regular rates apply. Full scholarships available to advocates in the 1st Judicial District.
- March 5-7
For: Child Protection Professionals
Location: Fort Collins
Cost: Free to county and state employees. \$185 for all others.
- April 10-11
For: Substance Abuse Providers and Community Human Services
Location: Golden
Cost: \$50 for substance abuse providers (thanks to the Daniels Fund). Regular rates apply for all others.
- May 14-16
For: Child Protection Professionals
Location: Denver
Cost: Free to county and state employees. \$185 for all others.
- June 12-13
For: Victim Advocates
Location: Boulder
Cost: Regular rates apply. Full scholarships available to advocates in the 1st Judicial District.
- July 17-18
For: Health and Mental Health Professionals
Location: Denver
Cost: Regular rates apply.

REGULAR RATES:

Organizational Budget Size	Tuition
\$0 - \$200,000.....	\$125
\$201,000 - \$500,000.....	\$175
\$501,000 and above.....	\$250

Visit our web site at www.hballiance.org for a complete list of trainings.