



*******CHWs---SAVE THE DATE!!!*******

Thursday, December 17, 2020 / 10-11:30 AM CT

Community Health Worker Training

Community Health Workers and COVID-19:

Trauma, Hope and Helping Others – *Are you pouring from an empty cup?*

ZOOM LINK: <https://zoom.us/j/98840554449>

LEARNING OBJECTIVES

Participants will gain the following about the co-occurring pandemics of COVID-19 and racism:

1. Learn about COVID-19 community education and outreach efforts, including interacting with CHW colleagues about lessons learned and planning for the future
2. Expand their CHW skillset to apply foundations and best practices in trauma informed care to their CHW COVID-19 work
3. Add to their personal self-care toolkits, including concrete practices for handling grief and building wellness

TOPICS

- Mankato, MN—A Sampling of Effective CHW COVID-19 Strategies
- Foundations in Trauma Informed Care for Community Health Workers
- A CHW Self-Care Toolkit: Grief, Wellness and Helping Others
- Breakout sessions with fellow CHWs exploring experiences and insights