



COLORADO

**State Employee Assistance
Program**

CSEAP

REGISTER SOON and PLEASE DISTRIBUTE WIDELY

CSEAP is excited to invite you to attend **Caring for Self While
Caring for Others -**

Presented by **Laura van Dernoot Lipsky of the Trauma
Stewardship Institute.**

Laura van Dernoot Lipsky will provide an inclusive and practical presentation to help people recognize, navigate, and ease the burden of overwhelm in their daily lives. The presentation will specifically address state government workers who serve the public, serve as first responders, and otherwise engage in trauma-focused work or in work that creates trauma exposure or risk of compassion fatigue.

Join us on June 28, 2022 - 2pm to 4pm for this live webinar. This webinar will not be recorded so please register and plan to attend.

Registration -

https://us06web.zoom.us/webinar/register/WN_tgDI6NCoSVmlyRH5JWiqag.

Visit <https://traumastewardship.com/> for information about the speaker.

Visit <https://traumastewardship.com/wp-content/uploads/2021/09/map-for-managing-ones-day.pdf> for a preview of the content to be presented.