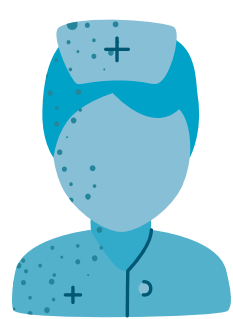
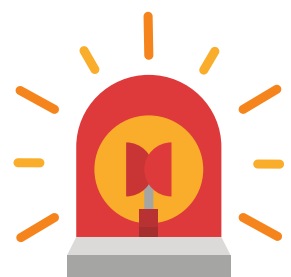


# Compassionate Care Coping Group (COVID Specific)

## NorWest is currently offering Compassionate Care Coping Groups



Employees now face stress, grief, trauma, and loss in closer proximity, for longer durations.



The pandemic is taxing on the human stress response unlike before.



Coping groups allow people to process stress within the mind/body.



Coping Groups equip employees with space and energy to return to stressful situations.



Certified facilitators, evidence based practice, confidential process.

## What to expect

We work with small groups of people who are similarly involved in a traumatic work.

Groups take place online, form 45 minutes up to 2 hours.

Linking people with any additional supports needed.

Voluntary participation.



Our team has up to date training specific to the Covid-19 pandemic.

## Supporting employee wellness & safety

Tailored for health providers, and all in a helping profession that been strained by the Covid 19 pandemic.

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