

Oregon Helpers: Virtual Wellness Rooms



Lines for Life is pleased to offer peer-facilitated Virtual Wellness Rooms to communities statewide. These drop-in peer support meetings are open to all frontline workers including medical and behavioral health providers, social workers, home caregivers, educators and more.

We help participants prioritize their own wellness.

Each person develops a toolkit of strategies to care for themselves during this difficult time, while surrounded by group support, guidance, and community. Building self-care skills is a necessary step in avoiding burnout and sustaining your ability to provide quality care for others.

Sobre información cómo participar en español, manda un correo electrónico a staceyb@linesforlife.org.

We invite you to participate in these drop-in Virtual Wellness Rooms at your level of comfort.

Virtual Wellness Rooms are held weekdays on Zoom from 12:30-1:00 Pacific Time.
<https://zoom.us/j/95926339963>

Visit our Oregon Helpers web page to sign up for more info about Affinity Groups.
www.linesforlife.org/helpers

Benefits of participating:

- Stress reduction
- Evidence based self-care strategies
- Work-life balance strategies
- Resource sharing
- Community with those who care for others professionally

