



# Oregon Helpers: Virtual Wellness Rooms

In partnership with OHA, 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 necessary step in avoiding burnout and sustaining your ability to provide quality care for others.

We invite you to participate in these groups at your level of comfort.

## **Weekdays from 12:30-1pm Pacific.**

Visit our website for more info and how to attend. [www.linesforlife.org/helpers](http://www.linesforlife.org/helpers)

Benefits of participating:

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

