



Complimentary Continuing Education Webinar!

Join us for a FREE webinar that offers one (1) hour of continuing education credit * for the following California professionals: RCFE Administrators, licensed RNs & LVNs, LMFTs, LCSWs, LEPs & LPCCs, and CLPFs.

Professionals can earn CE credit conveniently – however, anyone is welcome to attend!

* **Requirements for CE credit:** Participants must attend for a minimum of 60 minutes, have access to both audio and visual elements, respond to poll questions during the webinar and return the completed course evaluation.

Webinar Date: Tuesday, January 9th, 2024 at 11:30am PDT

Caring For Yourself While Helping Others

Caring for yourself is vital when helping others, yet the physical and emotional demands of professional and personal caregiving can make it seem impossible. Learn how to recognize and teach the symptoms associated with different forms of stress, fatigue, and burnout – and the resulting damage it can cause. Various strategies are provided for you to learn and teach others to reduce the negative impacts of caregiver stress and how to develop positive approaches to caring for oneself, including the development of a personalized self-care plan.

At the completion of the course, participants will be able to:

1. Explain the causes and effects of stress and compassion fatigue.
2. Identify strategies for providing support without jeopardizing your own personal health.
3. Create a personalized, easy-to-use plan for self-care, managing stress, and preventing burnout



Presenter: Becky Lomaka, MA, CT is the Director of Grief Support and Education at O'Connor Mortuary. She holds a Bachelor's Degree in Psychology, Master's Degree in Counseling Psychology and a Certification in Thanatology. Becky is an expert in the field of death and bereavement, with two decades in non-profit senior care before joining O'Connor Mortuary in 2013. Becky is passionate about educating the community on how to cope with death and the journey of grief after loss. Her true passion lies in normalizing the grief experience and helping to create a world in which grief is embraced, understood and respected.

TO REGISTER - CLICK HERE, OR GO TO: <https://bit.ly/WebinarJanuary2024>

This webinar is presented by [Alzheimer's Orange County](#) and sponsored by the following organizations:



For additional information about Alzheimer's Orange County's continuing education policies, including accommodations for a disability, reporting a grievance and certificates of completion, go to: www.alzoc.org/WebinarCEpolicies

CAMFT (BBS): Alzheimer's Orange County (AlzOC) is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. AlzOC maintains responsibility for this program/course and its content. This course meets the qualifications for 1 hour of continuing education credit as required by the California Board of Behavioral Sciences. AlzOC CAMFT CE Provider #134760.

BRN: Provider approved by the California Board of Registered Nursing (BRN), Alzheimer's Orange County, Provider #CEP 14757, for 1 contact hour. This document must be retained by the licensee for a period of four years after the course concludes.

RCFE: Course pending approval by the California Department of Social Services (CDSS) for 1 hour of live stream webinar continuing education credit for RCFE administrator recertification. Alzheimer's Orange County, RCFE Vendor #2000147-740-2. Core of Knowledge: Psychosocial Needs of the Elderly