



# Caring for the Caregivers Series

## ***Handling Caregiver Anger & Stress***

This training emphasizes the importance of managing emotions and personal crises. Tools will be provided in assisting caregivers with anger management and remaining calm while managing crisis, interventions to avoid, as well as preventative strategies to implement.

Throughout the training, attendee interaction and role play will be encouraged.

**Presented by**  
**The Crisis Response**  
**Project**

### ***When:***

**Wednesday, March 15, 2023**

### ***Time:***

**12:00p.m. - 3:00p.m.**

### ***Location:***

**Via Zoom**

## ***Caregiver Burnout & Self-Care***

This training focuses on the role of caregivers and their potential for susceptibility to Vicarious Trauma (also known as Secondary Trauma and Compassion Fatigue).

Throughout the training, we will discuss signs and symptoms of Vicarious Trauma, as well as the steps that we, as caregivers, can take to protect ourselves from burn out. The importance of self-care will be thoroughly reviewed.

**REGISTRATION WILL BE ACCEPTED THROUGH**  
**ELARC UNIVERSITY(ELARC U), LEARNING MANGEMENT SYSTEM**

1. To log-in or create an account please [click here](#).
2. In the home page you will find an announcement with the training topics.
3. Click where it says "click to enroll" and you will be automatically taken to the registration page.

**\*This training is intended for Direct Support Professionals and Administrators\***

***For further information contact Karen Sibrian at : [kasibrian@elarc.org](mailto:kasibrian@elarc.org).***

***\*PLEASE REFER TO ELARC.ORG FOR FUTURE TRAININGS & FORUMS\****

***\*Please note Certificates will not be issued for this training.***



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