



MedStar Health



Get trained **in Stress First Aid.**



**Virtual sessions
via Teams
6/15 and 7/13
11am-12:30pm
Register in
SiTEL LMS**

The MedStar Health Center for Wellbeing is offering Train the Trainer sessions for Stress First Aid.

Stress First Aid is a model for self-help and peer support for addressing stress that affects us at work. This training is for everyone at MedStar, in both clinical and non-clinical roles.

Please **plan to attend both sessions** (Parts 1 and Part 2) for the full training. Sessions are virtual via Teams.

Register in the SiTEL LMS:

Li-033229, Stress First Aid Train the Trainer Part 1

Wed. June 15, 11 am - 12:30 pm

Li-033230, Stress First Aid Train the Trainer Part 2

Wed. July 13, 11 am - 12:30 pm

For more information, please email: wellbeing@medstar.net

**It's how we
treat people.**