



Calling all Directors of Nurses: Are You Feeling Burnt Out?

You're not alone.

Please consider joining a weekly facilitated group of nurse leaders.

This is an opportunity for you to share the challenges you're facing, hear from others, and gain stress management and coping strategies from each other and from facilitator Yemaya St. Clair, LCPC.

WHEN: Tuesdays from 1:00-1:45pm, beginning January 11 (The group will run for 6 weeks with a possible extension.)

WHERE: Connect via Zoom at the below link. Video participation is strongly encouraged.

<https://emhs.zoom.us/j/94428666270>

Meeting ID: 944 2866 6270

HOW: No registration is required. Just login and join. This program is free, thanks to support from the State of Maine's StrengthenME program.

For questions or to schedule additional services, including free, confidential individual support, please send an email to

StrengthenME@northernlight.org or call 1-800-769-9819.

A list of trainings, workshops, and wellness breaks can be found at the following link:

[Workforce EAP - StrengthenME](#)