

ECHO Coping with COVID

ECHO is a virtual, interactive education and capacity building model that supports healthcare providers in delivering high quality, evidence-based care in their local communities.

Health care providers need and deserve support during the COVID-19 pandemic, in order to maintain quality of care and support overall mental wellbeing. ECHO Coping with COVID aims to promote resilience, provide skills and resources, and build a community of practice amongst Canadian health care providers currently supporting the COVID pandemic. The program explores one topic per week on both Wednesdays and Fridays, to provide you with the flexibility to attend the session that best fits your schedule

Schedule

Wednesdays
12:30-1:30pm EST

Fridays
2:00-3:00pm EST
Starting July 8, 2020

Topics

Topics to be covered include:

- Compassion Fatigue and Burnout
- Stigma Related to COVID-19
- Virtual Self-Care
- Cultural Humility and Sensitivity
- Updates on COVID-19
- Managing Anxiety Related to COVID-19

Please note, ECHO Coping with COVID initially launched as an Ontario-based program in March 2020. We are excited to expand and offer the program nationally, to learn and grow with a broader community. To access recordings of past sessions, as well as our library of resources, please visit [our website](#).

To register, please [click here](#).



Connect with health care providers across Canada to gain new skills, knowledge, and confidence in caring for yourself and your clients during COVID-19! It's fun, offered at no cost, and all you need is a computer or a smartphone.