# **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.

#### Schedule

Alternate Fridays
2:00-3:00pm EST
Starting January 14

## **Topics**

### Sample topics include:

- Booster Vaccine
- Ethics Related to Vaccinating Children
- COVID-19 Variants of Concern
- Updates on Mental Health and COVID-19
- Burnout and Compassion Fatigue

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 past session slides, 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.





