

**Register
Now!**



CHAMPS Resiliency Collaborative for Region VIII Providers

First and Third Wednesdays, January – May 2021

12:00 – 1:00 PM MT | 1:00 – 2:00 PM CT

• January 6 and 20 • February 3 and 17 • March 3 and 17 • April 7 and 21 • May 5 and 19 •

The CHAMPS Resiliency Collaborative is a facilitated peer support group for health center providers using concepts from the evidence-based framework, Finding Meaning in Medicine, in an online format.

Each session will incorporate practice of mindfulness techniques and practical body awareness exercises. The remaining time of each session will be comprised of group discussion on topics selected by the participants.

Enrollment is free and open to providers from health centers in Region VIII (CO, MT, ND, SD, UT, WY) from all disciplines: medical, behavioral health, oral health, and beyond.

**To learn more and register, visit the
CHAMPS Events and Trainings webpage:**

www.CHAMPSonline.org/events-trainings#Resiliency