

Understanding Compassion Fatigue

Caring for others starts with caring for yourself.

In helping roles like healthcare, education, or social services, the emotional demands can take a toll. Over time, constantly supporting others can lead to stress, burnout, or *compassion fatigue*.

This webinar will help you recognize the signs and learn ways to care for your own well-being—so you can keep doing the work that matters most.

What you will learn:

- How compassion fatigue affects your body, mind, and relationships—at work and at home
- Simple, practical tools to help you cope and recharge
- Ways to create a more supportive, caring environment for yourself and others

Free Wellness Webinar



**Tuesday,
December 9, 2025**
1 PM- 2 PM



Zoom Webinar



Who can attend

This free training is open to community members, educators, service providers and local organizations in Pomona, Claremont and La Verne.



Register for free
tinyurl.com/yeyftaxv



For more information

Learn how to host or attend a free mental health training in Pomona, Claremont, or La Verne.



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