

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 October 15

Topics

Sample topics include:

- Resilience and Post Traumatic Growth
- Update on Mental Health and COVID-19
- Virtual and In-Person Care
- Managing the Holidays
- Long COVID
- COVID-19: Deep Stories and Divisions

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.