[](https://wellnessmn.org/minnesota-cares/)

**Send Your Valued Team Members to *Minnesota Cares: A Wellness Workshop for Our Healthcare Community***

Minnesota’s healthcare community has been strained for years, and the pandemic only exacerbated the challenges which continue today. As everyone is moving along through the new reality, support for our caregivers has never been more vital.

In 2022, the first-ever Minnesota Cares Wellness Workshop was held to care for and encourage our health care community; it was a great success. We are pleased to announce the workshop will return in 2023 to continue its mission. This special event is designed to provide an inclusive space for our diverse healthcare community to identify a personal path toward healing, restoration, evidence-based learning, resilience, and fun as a “Thank You” to those who care for Minnesotans. The workshop will offer belonging, knowledge, and tools to nurture and sustain personal well-being in any healthcare role.

You are encouraged to send your team members to this year’s FREE [Minnesota Cares wellness workshop](https://wellnessmn.org/minnesota-cares/) at the Heritage Center of Brooklyn Center, November 2, 2023. Attendees will learn proven ways to deal with stress, and techniques to strengthen long-term self-care. There will be two dynamic keynote speakers and many breakout sessions. This event provides participants with a no-cost, low-stress way to try out many activities that support ongoing mental and physical health— creative journaling, building good habits, guided meditation, and many others. Please facilitate letting your valued team members come and enjoy themselves while they learn strategies to stay healthy.

There will be multiple sessions offered throughout the day to accommodate different shifts and work schedules. All sessions, parking, and snacks will be provided to you at no charge. What’s the catch? There is no catch. Minnesotans are grateful for your colleagues’ service and want to help them get new skills for their personal self-care toolboxes.

The breakout sessions have three basic themes with goals for how the activities can help professionals recover and better take care of themselves going forward:

**\*Healing/Recovery**

Activities that aid in recovery from stressful events

**\*Grounding/In the Moment Techniques**

Activities that provide tools and techniques they can use on the job to re-set their autonomic nervous systems so they can continue working while caring for themselves

**\*Strengthening Resilience**

Activities that strengthen their capacity to deal with stressors over time

**HOW YOU CAN HELP**

* Promote the workshop among all staff in newsletters, emails, or on bulletin boards
* Allow team members to attend one session (4 hours) on work time
* Reimburse travel expenses, or provide transportation
* Make it known that leadership values this effort and will be attending

Please help to invest in the future of our healthcare community!