



A free, online conference for helping professionals

CARE4YOU

June 12, 2026

The work you do is essential, meaningful, and rewarding.
It can also be deeply challenging.



CARE4YOU is an opportunity for you to refuel. Join us for this free event and learn best practices to care for yourself while caring for others.



LEARN

Since 2011, CARE4YOU has featured leading voices in the fields of burnout, empathic strain, secondary traumatic stress, and organizational health.



RESET

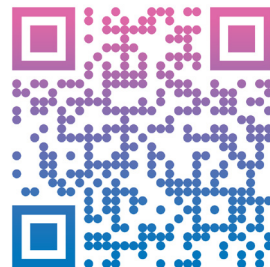
Learn strategies and tools to sustain your well-being in high-stress, trauma-exposed work.



REFUEL

Connect with a community of helping professionals from across the world.

Scan the code to learn more & register



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Caring for those who **care** for others.

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