

Pandemic Acceptance & Commitment to Empowerment Response Intervention for Healthcare Providers (PACER-HCP)

**ARE YOU A HEALTHCARE PROVIDER
OR HOSPITAL STAFF IMPACTED BY COVID-19?
You are invited to join our online training program
to help you cope and build resilience!**



Are you feeling stressed by COVID-19?

Taking sick days to recuperate?

Having trouble sleeping?

Experiencing anxiety, angry outbursts, or depressed mood?

Or maybe you just want to improve your *psychological flexibility* and enhance your **resilience** in the face of the pandemic?

We are inviting Health Care Providers (HCPs) to participate in ***Pandemic Acceptance and Commitment to Empowerment Response Intervention for Healthcare Providers (PACER-HCP)*** - a targeted online training for HCPs and hospital staff to enhance resilience in response to the COVID-19 pandemic. Participants will also have opportunities to be trained to facilitate future groups.

Eligibility Requirements: To participate, you must be at least 18 years of age, a healthcare provider or staff working in a hospital, and be fluent in English.

Voluntary and Confidential: Taking part in this training is totally voluntary. Any information shared will be kept strictly confidential. Information will NOT be shared with your employer. All participants will be asked to sign a confidentiality agreement.

What does it involve? You will be invited to complete 6 weekly online self-learning modules and attend weekly online facilitated group discussions with other participants online. You will acquire mindfulness, Acceptance and Commitment Therapy (ACT), and Group Empowerment Psychoeducation skills. We will also ask you to complete pre-, post-, and follow-up questionnaires and an optional online focus group after the intervention to help evaluate the program's effectiveness.

If you would like to participate or have any questions about the program, please contact:

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