

COMING TOGETHER AROUND MILITARY FAMILIES®

# DUTY TO CARE II

## HONORING THE HEALER

Participants in this one day training will have opportunities to learn about self care, as well as to brainstorm strategies to develop professional resilience.

- Learn about self-care •
- Find solutions to manage compassion fatigue, vicarious trauma, and/or burnout •
  - Improve professional well being •
  - Explore ways to manage stress •

Healthcare, Early Childhood Education, Family Support and Mental Health professionals supporting military families are invited.

**April 15, 2011**

**0800 – 1600**

**Hyatt Regency Guam**

**1155 Pale San Vitores Rd.**

**Tamuning, Guam 96913-4206**

Register for this training online at [www.zerotothree.org/ctamf](http://www.zerotothree.org/ctamf)

For Registration Questions, Contact:

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202-638-1144

[mprojects@zerotothree.org](mailto:mprojects@zerotothree.org)



Photo by: Allison Silberberg

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## HOW TO REGISTER ONLINE FOR TRAININGS

- Type [www.zerotothree.org](http://www.zerotothree.org) in your web browser. This will take you to the ZERO TO THREE home page.
- From the ZERO TO THREE home page click the blue ***“Military Projects Training Registration”*** at the bottom of the page. This will take you to the CTAMF main page.
- On the CTAMF main page click the hyperlink ***“Click here”*** located in the third paragraph titled ***Duty To Care Training***.
- After clicking the hyperlink, the training calendar for the current month will appear. To view other months, click on the purple arrow next to the month and year above the calendar.
- Place your pointer on the trainings listed on the calendar to see the full title and dates of each event. After choosing the training event you would like to attend please click the name of the training. This takes you to the training event detail page, which provides a synopsis about the training and the training date and location. (You can also use the Next Event link at the top of this page to search for other events.) Please use either the envelope icon or the Sign me up icon to navigate to the online registration form.
- After clicking the icon you will be taken to the registration form, which is 40 questions in total. Please submit your answers by clicking the Submit button at the very bottom of the page.
- After you submit your form you will receive a confirmation page, which will end your registration and provide a summary registration form. This confirmation page will also provide training details and training materials for download. After registering please check your email for your “RSVP Email Confirmation” and a Training Event Reminder” if you elected to do so.



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OR

