**NEOASN invites you to take some time for self-care…**

**Join us February 24, 2021**

**6:30-7:30 pm**

**1.0 CE**

**Topic:** Understanding, Managing, Recognizing and Coping with Extreme Burnout for School Nurses

**Speaker:** Melissa McClain, BA

Community Education Programs Coordinator

Children’s Hospital Medical Center of Akron

**Location:** Zoom Meeting

**Description:** *Understanding and Coping with Extreme Burnout for School Nurses* is designed to educate nurses working in schools on the impact of their work and the extreme stress it can cause to their bodies and minds. This session also includes strategies to prevent and treat workplace burnout.

**Learning Objectives**

Following This Session:

1. Participants will identify warning signs of extreme burnout.
2. Participants will describe strategies to maintain regular balance and self-care.
3. Participants will develop an individual crisis plan for extreme burnout.

A link to a Live Binder online resource will also be provided for the participants of this session.

**Join NEOASN for a meeting of the general membership at 7:30pm following the presentation**

* Attendees will have a chance to win 1 of 3 $25 Amazon gift cards!
* Share your needs and experiences over the past school year
* Learn about OASN updates

Registration Link: [Registration link for Feb 24 CE Activity](https://docs.google.com/forms/d/e/1FAIpQLSflu8ODLdcPRhSBH8P7dNBH0A0IXBoFk9Fx9Y823ub0CYdyyQ/viewform?vc=0&c=0&w=1&flr=0&gxids=7628%20)

Admission is free but registration is required. A Zoom link and passcode will be emailed to you upon registration.

1. contact hour will be awarded (pending). Attendance of 100% of the program and completion of evaluation are required to receive the CE. There is no conflict of interest for the presenter and the planners.

The Ohio Association of School Nurses is approved as a provider of nursing continuing professional development by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91)