



# CO-CARES

Colorado Alliance for Resilient & Equitable Systems  
Serving The Healthcare Workforce

## Resilience Roundtables

**Bringing together health care partners who can foster resilience and guide others.**

Roundtables are virtual and free to all health care leaders. Topics will rotate throughout the year. If you can't attend a topic of interest, we will offer another session in the coming months. Some discussions are tailored to a specific audience while others are for general health care leaders.

For questions, email [cdphe\\_healthcareworkersupport@state.co.us](mailto:cdphe_healthcareworkersupport@state.co.us).

### May

**May 2, 11 a.m. - noon**  
Normal responses to abnormal situations for long-term care

**May 5, 9-10 a.m.**  
Burnout management

**May 8, 9-10 a.m.**  
Making connections

**May 9, 2-3 p.m.**  
Stress management

**May 15, 3-4 p.m.**  
Building morale for long-term care

**May 17, noon - 1 p.m.**  
Burnout and stress management for nursing

**May 19, 10-11 a.m.**  
Open conversations: What is on your mind?

**May 22, 9-10 a.m.**  
Burnout and stress management for home health and hospice

**May 23, 1-2 p.m.**  
Burnout management

**May 25, 10 - 11 a.m.**  
Burnout and stress management for rural health care systems

**May 25, 1:30 - 2:30 p.m.**  
Stress management

**May 31, 1:30 - 2:30 p.m.**  
Personal reflections in resilience as leaders

[Sign up for May roundtables](#)

### June

**June 2, 9-10 a.m.**  
Self care

**June 5, 3-4 p.m.**  
Making connections for long-term care

**June 8, 6-7:30 p.m.**  
Open conversation: What is on your mind?

**June 13, 9-10 a.m.**  
Stress management for home health and hospice

**June 14, 9-10 a.m.**  
Burnout management for long-term care

**June 20, noon - 1 p.m.**  
Diverse workforce

**June 22, 10-11 a.m.**  
Making connections for rural health care systems

**June 26, 3-4 p.m.**  
Stress and struggles with changing system demands for long-term care

**June 29, 11 a.m. - noon**  
Morale building

[Sign up for June roundtables](#)