

**Providence NWWA**

**Caregiver Self-Care and Resiliency Health Fair - Well-Being Resources**

*Hosted by:* NWWA/PIHC Caregiver Equity and Well-Being Initiative s*upported by collaborative efforts of:* Community Health Education (HEP) Team & Diversity/Well-Being Committee

[**Access Recordings of the 1/28/21 Virtual Caregiver Health Fair Click Here**](https://www.pihcsnohomish.org/caregiver-hub/healthfairvideos/)**.**

[**Visit Caregiver Hub Homepage Here.**](https://www.pihcsnohomish.org/caregiver-hub)

**Self-Care** is the active and intentional practice of caring for ourselves. **Resiliency** is characterized by a person’s internal capacity to meet challenges and face obstacles with meaning and purpose.

[NAMI Self-Care Inventory](https://www.nami.org/getattachment/Extranet/Education,-Training-and-Outreach-Programs/Signature-Classes/NAMI-Homefront/HF-Additional-Resources/HF15AR6SelfCare.pdf)

[U.S. Dept of HHS Strategies for Self-Care & Resilience](https://www.fsis.usda.gov/wps/wcm/connect/4c8727a4-263e-421c-975b-16aca135f9b8/strategies-self-care-resilience.pdf?MOD=AJPERES#:~:text=Human%20Ser'lices-,Strategies%20for%20Self%2DCare,to%20take%20care%20of%20yourself.)

**Women's & Children's Health Services**

**(Topic #1)**

Pavilion for Women & Children

Registration & Information: **425-304-6047**,

[Class Website](http://washington.providence.org/hospitals/regional-medical-center/services/womens-and-childrens-health/birth-and-family-education/)

Children’s Center

Information: **425-258-7311** | [Children Center Website](http://washington.providence.org/hospitals/regional-medical-center/services/womens-and-childrens-health/childrens-center/)

Comprehensive Breast Center

Information/Appt.: **425-258-7900**

Or request an appointment online: [Breast Center](http://washington.providence.org/hospitals/regional-medical-center/services/womens-and-childrens-health/comprehensive-breast-center/)

**Injury Prevention - (Topics #2, 3, 4)**

Fall Prevention, Inside Out- Original Organ Show,

Impact Teen Driver & Stop the Bleed Programs

Contact: Shanie McLaren or Mik Preysz: [shanie.mclaren@providence.org](mailto:shanie.mclaren@providence.org) [miklosp.preysz@providence.org](mailto:miklosp.preysz@providence.org)

<https://www.stopthebleed.org>

[Inside Out: The Original Organ Show](https://www.providence.org/locations/wa/providence-regional-medical-center-everett/for-patients-and-visitors/classes-and-events#tabcontent-2-pane-4)

**Mission and Spiritual Care** - **- (Topic #5)**

Spirituality means different things to each of us—but for many people, it’s an essential part of well-being and mental health.

Contact Spiritual Care 24/7/365: **425-404-7025.**

Critical Incident Stress Management

PRMCE Critical Incident Stress Management Team is prepared to assist any person or group of people faced with a traumatic or critical incident.

Contact 24/7/365: **425-404-7025**. NO FEE

**Stroke – Neurosciences Institute (Topic #6)**

**Contact:** Lisa Shumaker, RN [lisa.shumaker@providence.org](mailto:lisa.shumaker@providence.org), 425-404-6842

**Support Group:** **425-404-6842** or register online: [Stroke Support](http://washington.providence.org/events/nwr/stroke-support-group/stroke-support-group/)

[How To Quit Resources from Department of Health](https://www.doh.wa.gov/youandyourfamily/tobacco/howtoquit)

Cardiovascular Health: [HeartDisease@doh.wa.gov](mailto:HeartDisease@doh.wa.gov)

[View Great 8 materials in English, Spanish, and 25 other languages spoken in Washington State here.](https://waportal.org/partners/home/cardiovascularconnection/great8)

<https://www.goredforwomen.org/>

**Work2BeWell - (Topic #7)**

**(For Teens, Parents & Educators)**

A digital wellness program focused on positively impacting the emotional well-being of teens and promoting mental health – clinically vetted by Providence Mental Health Providers.

For more information: [support@work2bewell.org](mailto:support@work2bewell.org) | <https://work2bewell.org>

**Mindfulness - (Topic #8)**

Mindfullness Practice – Mondays at Noon – 30 min.

Contact: [Crystal.Blankinship@providence.org](mailto:Crystal.Blankinship@providence.org) to receive a calendar invite

[Caregiver Hub Stress & Mental Health Videos](https://www.pihcsnohomish.org/mental-health-videos)

Behavioral Health Urgent Care Clinic

<https://www.providence.org/locations/wa/behavioral-health-urgent-care-everett>

**Providence Institute for a Healthier Community - Caregiver Health Inititives - (Topics #9, 10, 11)**

PIHC Website: [www.PIHCsnohomish.org](http://www.PIHCsnohomish.org)

PIHC Facebook: [www.facebook.com/PIHCSnohomish](http://www.facebook.com/PIHCSnohomish)

Caregiver Equity and Well-being Resource Hub

[https://www.pihcsnohomish.org/caregiver-hub](https://www.pihcsnohomish.org/caregiver-hub/)

[Equity Resources/Caregiver Resource Groups](https://www.pihcsnohomish.org/equity/providence-caregivers/)

Contact: Kaila Alvarez at425-261-3344/ [Kaila.creamer@providence.org](mailto:Kaila.creamer@providence.org)

Community Health Education Outreach (HEP) Team

Contact: [Jessica.Stallings@providence.org](mailto:Jessica.Stallings@providence.org)

Diversity/Well-being Committee

Contact: Kaila Alvarez at425-261-3344/ [Kaila.creamer@providence.org](mailto:Kaila.creamer@providence.org)

Financial Toolkit & Video Classes

[Financial Planning Videos](https://www.pihcsnohomish.org/caregiver-hub/videos/)

Community Resource Hub

<https://pihchub.org/livewell>

Contact: [Jessica.Stallings@providence.org](mailto:Jessica.Stallings@providence.org)

**Providence Intervention Center for Assault and Abuse - (Topic #12)**

Information: **425-297-5771**

Victim Advocate Line: **425-297-5771**

24 Hour Advocate Hotline: **425-252-4800**

[**Learn more on Human Trafficking here.**](https://www.dhs.gov/blue-campaign/what-human-trafficking)

S.T.A.R.- Snohomish County Anti-trafficking resources: [snocotaskforce@gmail.com](mailto:snocotaskforce@gmail.com)

**Nutrition – CHIP Classes (Topic #13)**

PRMCE offers free Lifestyle Education Classes (Complete Health Improvement Program) on quarterly basis for caregivers and family members who are on Providence Insurance. Earn 10,000 Virgin Pulse/Choose Well points for completing the program. Contact [Kevin.Clay@providence.org](mailto:Kevin.Clay@providence.org)

**Volunteer Opportunities**

Registration and Information: **425-261-4580**, or go online: [Volunteer](http://washington.providence.org/hospitals/regional-medical-center/donate-and-volunteer/volunteer/)