

You worked through
a pandemic...

HOW ARE YOU FEELING?



Unity Health researchers are seeking participants for a study on a new 8-week therapy program called **STEP (Supportive Trauma Exposure Preparation)**, which aims to help health care workers build resilience.

WHO CAN PARTICIPATE?

- **Nurses, Personal Support Workers or Health Care Aides**
- Working at least 1 shift per week in a hospital or long-term care home
- Not currently in psychotherapy

**PARTICIPATION IN THE STUDY IS
STRICTLY CONFIDENTIAL**

For more information, email [**therapy@asrlife.ca**](mailto:therapy@asrlife.ca)