

Don't Clock Out

Don't Clock Out is a nonprofit peer-support community offering free virtual groups led by healthcare workers.

Don't Clock Out provides virtual peer-support meetings where healthcare workers can openly discuss burnout, moral distress, and the emotional challenges of caring for others. By attending, I hope to gain healthy coping strategies, increased self-awareness, and support from people who understand the demands of healthcare. I also hope to strengthen my resilience, maintain accountability, and continue growing both personally and professionally.

[Dontclockout.org](https://dontclockout.org) via Zoom @ 7pm Cst