

# Self-Care, Work and Well-Being: Finding the Balance on Caring for Yourself While Caring for Others



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To register, [click here](#)  
or call 443-923-4114.

**Date:** Wednesday, November 5, 2025

**Time:** 9 a.m. to 12:15 p.m. EST

**Where:** Live Interactive Webinar

Registered participants will receive an email with instructions on how to join the session.

**Objectives:** Participants will be able to:

1. List two to three ways that stress can negatively impact health and well-being.
2. Name two practical strategies for building resilience and avoiding compassion fatigue and burnout.
3. Describe two to three tips and steps for strengthening your practice of caring for yourself while caring for others.
4. Develop a personalized self-care plan and renew your commitment to practicing self-care.

Service providers play a key role in supporting vulnerable individuals, children and youth with disabilities and their families. Without adequate self-care, the burden of their work demands can lead to severe physical, mental, emotional and spiritual distress, which may result in burnout and compassion fatigue. This interactive session is designed to meet the learning objectives stated above. **Instructional level:** Intermediate.

**Who should attend?** Professionals and anyone interested in the topic. 3.0 Continuing Education Credits (Category 1) will be granted to licensed social workers and psychologists for attending the session in full and completing all requirements. A Certificate of Attendance will be made available for all other disciplines.

**Kennedy Krieger Institute Maryland Center for Developmental Disabilities** is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education programs, and it maintains full responsibility for this program. Kennedy Krieger Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Kennedy Krieger Institute maintains responsibility for this program and its content. No conflicts have been identified (this includes commercial support and research grants/funding). The registration fees are: \$90 for professionals seeking CE credit, \$70 for professionals and community members not seeking CE credit, and \$35 for students not seeking CE credit who register with a school email address.

For more information on our Annual Learning Series or to request accommodation or assistance for individuals with disabilities, please contact us by phone at **443-923-4114**, email **Training.MCDD@KennedyKrieger.org** or visit **KennedyKrieger.org/MCDDTraining**. Requests should be made as soon as possible but at least seven days prior to the scheduled meeting.

