

'Sometimes I'd rather be eating Gelato!'



The **Cost of Caring**



Compassion Fatigue

Compassion fatigue, often referred to as 'caregiver fatigue', is characterized by deep emotional and physical exhaustion and by a shift in a helping professional's sense of hope and optimism about the future and the value of their work. It has been called "a disorder that affects those who do their work well" (Figley 1995).

Tuesday February 27, 2018

9am to 4pm

Greens at Renton

Registration \$55.00 (form attached)

Submit to: Canadian Mental Health Association (CMHA)

Organized and Sponsored by the

Human Services and Justice Coordinating Committee

Workshop Facilitator: Valerie Spironello, MSW, RSW

In this interactive workshop participants will begin to have an understanding of how they are impacted by the work that they do, and through experiential exercises will be given an opportunity to reflect on how they are doing and explore strategies needed to continue to be healthy while working in the field.

"The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet." Dr. Naomi Rachel Remen



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Registration Form

Name: _____

Agency Name: _____

Agency Address: _____

Email: _____

Telephone: _____

Please make cheques for \$55.00 payable to the
“Canadian Mental Health Association, Brant-Haldimand-Norfolk Branch”

Please indicate **“Compassion Fatigue Workshop”** on cheque.

Mail or drop off completed registration form and payment to:
CMHA, Brant-Haldimand-Norfolk Branch, Simcoe office:

395 Queensway West, Simcoe, ON N3Y 2N4

There will be no refunds for cancellations five business days before the date of the event. Registration fee includes lunch, breaks and refreshments.

***ALL PAYMENTS MUST BE RECEIVED BEFORE THE DATE OF THE
EVENT.***

Registration Deadline: Friday February 16, 2018

For more information, please contact:

Sandra Mooney Court Support Case Manager CMHA BHN Branch

Simcoe Office: 519-428-2380 ext. 213 or sandra@cmhabhn.ca