

CARE FOR THE CAREGIVER

MARCH 31, 2017

12:30- 4:00 PM
LUNCH PROVIDED

Presenter: Vikki Reynolds PhD RCC
Consultant, Instructor, Supervisor

Workshop Overview

This invigorating and powerful workshop offers an alternative approach to the notion of worker burnout. Those working with people struggling with poverty, violence and oppression are often told that they will “burn out”. Contrary to this is the story of sustainability; how our collective work sustains us, nourishes our hope, invites us to honour the resistance and strength we witness in the people we work alongside, and allows us to work congruently with our ethics. This experiential workshop will address our collective ethics and practices of Collective Care as opposed to self-care. Workers will be invited to begin to build their own “Solidarity Team”; examining who stands alongside them, what ideas and practices sustain them, and how they might access support when burnout attacks.



Location:

ISS of BC
2610 Victoria Drive

Lunch 12:30 – 1:00
Workshop 1:00-4:00

For more info and
registration please contact

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Brought to you by the Mount Pleasant – Cedar
Cottage CAPC coalition



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