



Responding to the impact of Compassion Fatigue

Group Dates:

4 week group

Wednesdays, 5:30-7pm

November 6, 13, 20 & 27, 2019

No cost to participants

Call to register

Participants:

Maximum 10

Ages 18+

Professionals

This personal growth group is designed for professionals who want to learn more about compassion fatigue and explore how to lessen the impact of it on their lives.

Compassion Fatigue is an occupational hazard. While we cannot fully prevent it from happening, we can learn how to respond to CF effectively. This response impacts how we care for ourselves, which is foundational for maintaining mental health and healthy relationships.

The focus of this Personal Growth Group is to educate and foster a reconnection to your own insight and resources.

We provide a confidential and safe environment through non-judgmental listening to enhance learning and personal expression.

Contact

Lethbridge Family Services

Counselling, Outreach & Education

Kala Beers or Carmen Guenther

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