



# Our Children Our Future

Tuesday November 14th 2017

7:00 to 9:00 pm

## Compassion Fatigue

**The work of helping requires people to open their hearts and minds to others. This very process of empathy has a significant impact on the helper**

**This session is an introduction to:**

- **Understanding compassion fatigue**
- **Identifying triggers**
- **Evaluating self-care**

**This session will be lead by  
Angela Heeley  
Mental Health Promotion & Education  
Coordinator  
CMHA WW**

Register online

<http://isurvey.esolutionsgroup.ca/TakeSurvey.aspx?SurveyID=I6LJ5nI3>

Sessions will be held at: **Ontario Early Years Centre, Stone Road Mall, Guelph**  
(second floor of mall, off the parkade, next to the elevator)  
For more information and resources log onto: [www.qccigw.ca/about-us/](http://www.qccigw.ca/about-us/)

If you are planning to attend please use the on-line registration below or call 821 8089 ext. 2173 please leave your name and a contact phone number.

**Please register as refreshments will be served**

These sessions are free and open to all childcare centres, private home daycares, and anyone providing care for children.

**Certificates of attendance will be issued to all those who attend**



What's coming up

October 10th Sleep time  
November 14th Compassion Fatigue  
December No Session

Don't see what you want? Let us [know](#)