



Compassion Fatigue

Are you caring for?

- An elderly parent
- Other family member, spouse
- A terminally ill loved one
- A family member or friend with some chronic health condition

Are you a:

- Health Care Personnel
- Family Care Giver

Is caring wearing you out, making you cranky, beginning to take a toll on your own physical/mental health?

Do you wake up some days and wonder where you will find the strength to care for that person another day?

PLEASE JOIN US

Tuesday, May 5th, 7-9pm

Mitchell Seniors Center

**SPEAKER: Dr. Chris Marchand
Providence College**

During this evening we will learn:

- Why we experience Compassion Fatigue?
- What are the signs that we are experiencing Compassion Fatigue?
- Dealing with Compassion Fatigue: Strategies for surviving the burden of caring

This is a FREE Educational Event Sponsored By:

Chaplain Bethesda Hospital and Place

South Eastman Palliative Care Program

Social Worker – Bethesda Place

Social Worker – Community Cancer Care Clinic

For more information, please feel free to call Larry at 346-5166.