



Reach Canada™

COMPASSION FATIGUE AND MINDFULNESS FOR CAREGIVERS

Date: Tuesday, November 27th, 2018/Mardi 27 Novembre 2018

Time/temps: 7:00 pm – 9:00 pm

Location/lieu: United Way/Centraide Ottawa, 363 Coventry Rd., Ottawa

Please join Reach, Equality and Justice for People with Disabilities/ Égalité et Justice Pour Les Personnes Ayant un Handicap, for an engaging discussion on Compassion Fatigue and Mindfulness for Caregivers. How can we best care for ourselves while also caring for others? Are you caring for an elder, a child or adult with special needs, disability or neurodiversity? Come learn about compassion fatigue, resilience, and how to develop a relaxation practice.

Our speakers will be Gail Dawson, Social Worker, MSW, and Heather Cross, Mindfulness and Yoga Instructor, owner of Here and Now Studio, and Lawyer

Cost: \$25 person (includes light refreshments)

For more information and to register/Pour vous inscrire, please visit:

[Reach - Compassion Fatigue and Mindfulness](https://www.reach.ca/?lid=V5TQP-THD6G-N7E73&pkForm=30)

<https://www.reach.ca/?lid=V5TQP-THD6G-N7E73&pkForm=30>

You may also register by phone at 613-236-6636 or 1-888-669-4001

Reach Canada: www.reach.ca