

Caregiver Event

Managing Caregiver Stress

Saturday, May 12, 2018

9:30 am – 11:30 am

(Registration and refreshments 9:00 am - 9:30 am)



Topics:

- *How to monitor your physical and emotional energy*
- *How to pace yourself and know your limits*
- *Why time-outs are so important and how to find diversion*
- *How to avoid and deal with compassion fatigue*
- *How to make time for yourself without feeling guilty*

Presenter: DAVID POSEN M.D. | Speaker. Author. Trainer

As a bestselling author and one of the top-rated Stress and Change Management speakers in the market today, Dr. Posen delivers the sage advice of an MD, packaged with the wit and wisdom only a motivational speaker can offer. With a list of self-help best sellers and a successful counselling practice he continues to maintain, Dr. Posen ranks as one of today's foremost authorities on stress management.

Families' experience both physical and emotion stress and the drain of caregiving, whether they care for a child with special needs, a loved one with a mental illness, or an elderly family member requiring support. How can caregivers continue to give support if they're not paying attention to their own needs?

Dr. Posen's presentation helps caregivers understand the importance of reducing stress, caring for personal needs and putting a little breathing room back into their life.

FREE EVENT!

Please Register by Friday, May 11th, 2018

<https://www.eventbrite.com/e/caregiver-event-managing-caregiver-stress-tickets-44999098515?aff=affiliate1>

You may register with the link above, or by phone:
905-430-4055, ext. 6970.

Sponsored by:



LOCATION:

Ontario Shores Centre for Mental Health Sciences
Lecture Theatre (Main Building - Building 5, Level 2)
700 Gordon Street
Whitby, ON L1N 5S9

For more information, please contact
The Family Resource Centre:

Phone: 905.430.4055 Ext. 6970

Email: familyresourcecentre@ontarioshores.ca