

The Need for Compassionate Self Care in Caregiving for Loved Ones with Mental Illness

November 8, 2023

1:30-3:00pm MST

This session will focus on common challenges faced by caregivers, including caregiver burnout. In support of those challenges, self-care and compassion is critical. We will discuss how to compassionately and sustainably support ourselves by way of self-care. We will briefly discuss Caregiver Connections as a program.



Learning Outcomes:

- Understanding Caregiver Burnout
- How does self compassion fit
- Learn and reflect on Sustainable Self Care
- Learn about Caregiver Connections

Speakers:

Elyse Cathrea, Certified Peer Support Facilitator - Caregiver Connections; Canadian Mental Health Association - Edmonton Region



Target Audience:
Caregivers of loved ones with mental illness.
Caregivers of any loved one with physical or mental health challenges. Support systems of caregivers

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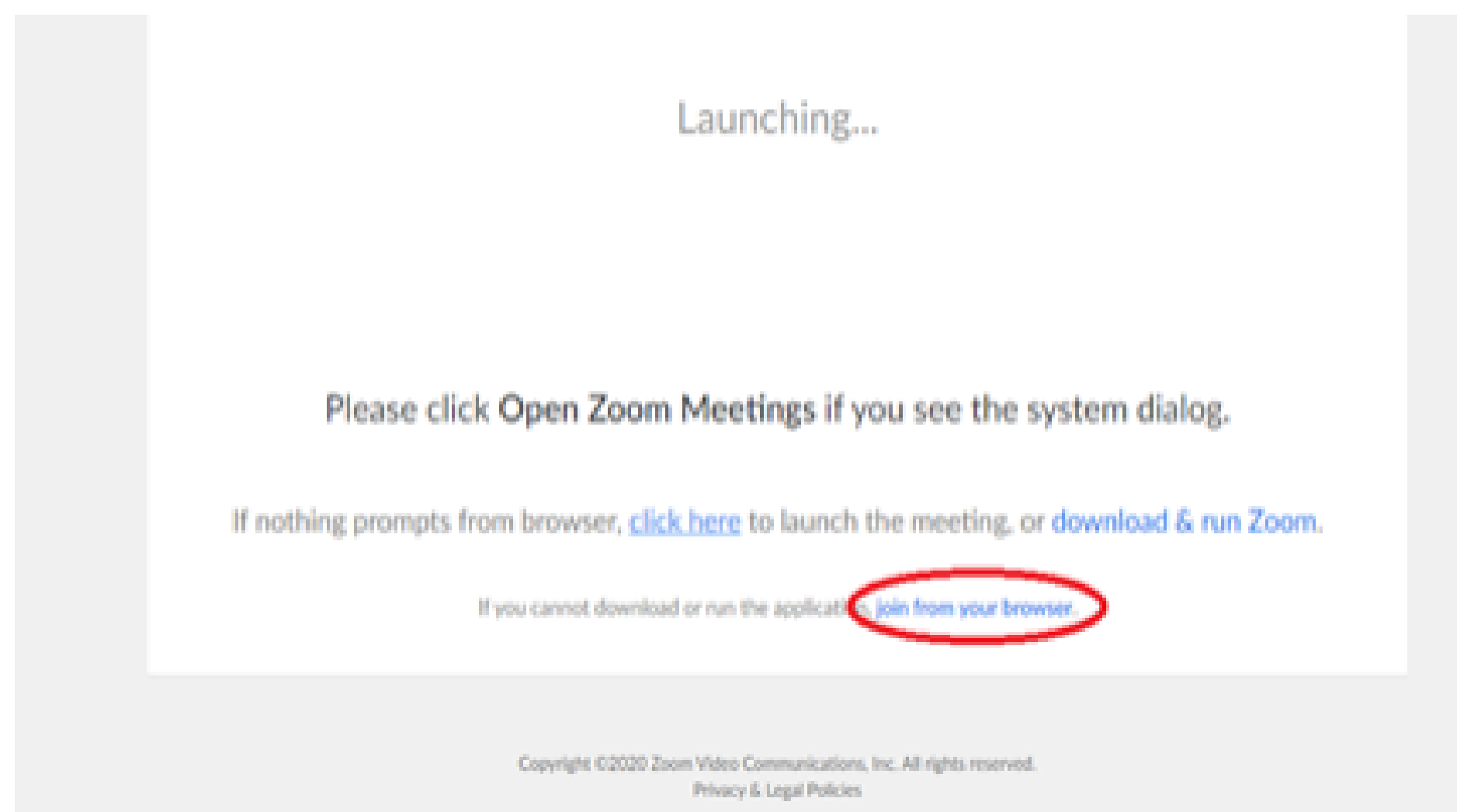
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