



# Care for the Caregiver

## *Managing Occupational Stress in Helping Professions: A Christian Perspective*

Stay healthy and inspired as you **help** and **heal**.

Gain **renewal** and **resiliency** through whole person self-care, stress reduction and burnout prevention tools.



### Occupational Hazards

Address occupational stress reactions in your profession or ministry, including vicarious trauma (compassion fatigue) and the stages of burnout.

### Self-Care Strategies

Enhance your repertoire of personal and professional self-care tools and strategies and put them to practice through in-class exercises.

### Christ-focused Perspective

Reflect on personal stewardship amid the stressors of caring for others from a uniquely Christian perspective.



### Guest Instructor

**Marcella Parr** is a Mental Health Nurse Consultant and serves as part of the Mental Health Promotion Team for Toronto Public Health.

### Details

When: Mon, February 22nd, 1:00pm-4:00pm

Location: Tyndale Campus | Room TBA

Cost: \$49 (coffee + refreshments included)

Register: [tyndale.ca/events/care-for-the-care-giver](https://tyndale.ca/events/care-for-the-care-giver)