



22 April 2020

# SELF-CARE FOR PROFESSIONALS

Delivered by Alys McLennan from Cara House



## DID YOU KNOW?

This interactive professional development workshop explores the risks of vicarious trauma and burnout, and supports you to stay healthy and safe in your work with people impacted by diverse traumas, dis-regulation and stress.

This workshop will provide:

- Knowledge around the psychobiology and importance of self-care
- Opportunities for self-inquiry, experiential learning and reflective practice
- Practical, interactive exercises to develop ongoing self-care
- Theories around 'joining' rather than 'merging' with clients
- Assistance to build and experience a stronger relationship with hope

22 APRIL

10:00 AM – 4:30 PM

COMMUNITY ROOM

10 Kulgoa Avenue  
Ryde NSW 2112

To Register

Contact Vivien Haidig

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Ph: 02 8025 2173

Cost

FREE for community  
services industry staff